ストレッチ

1

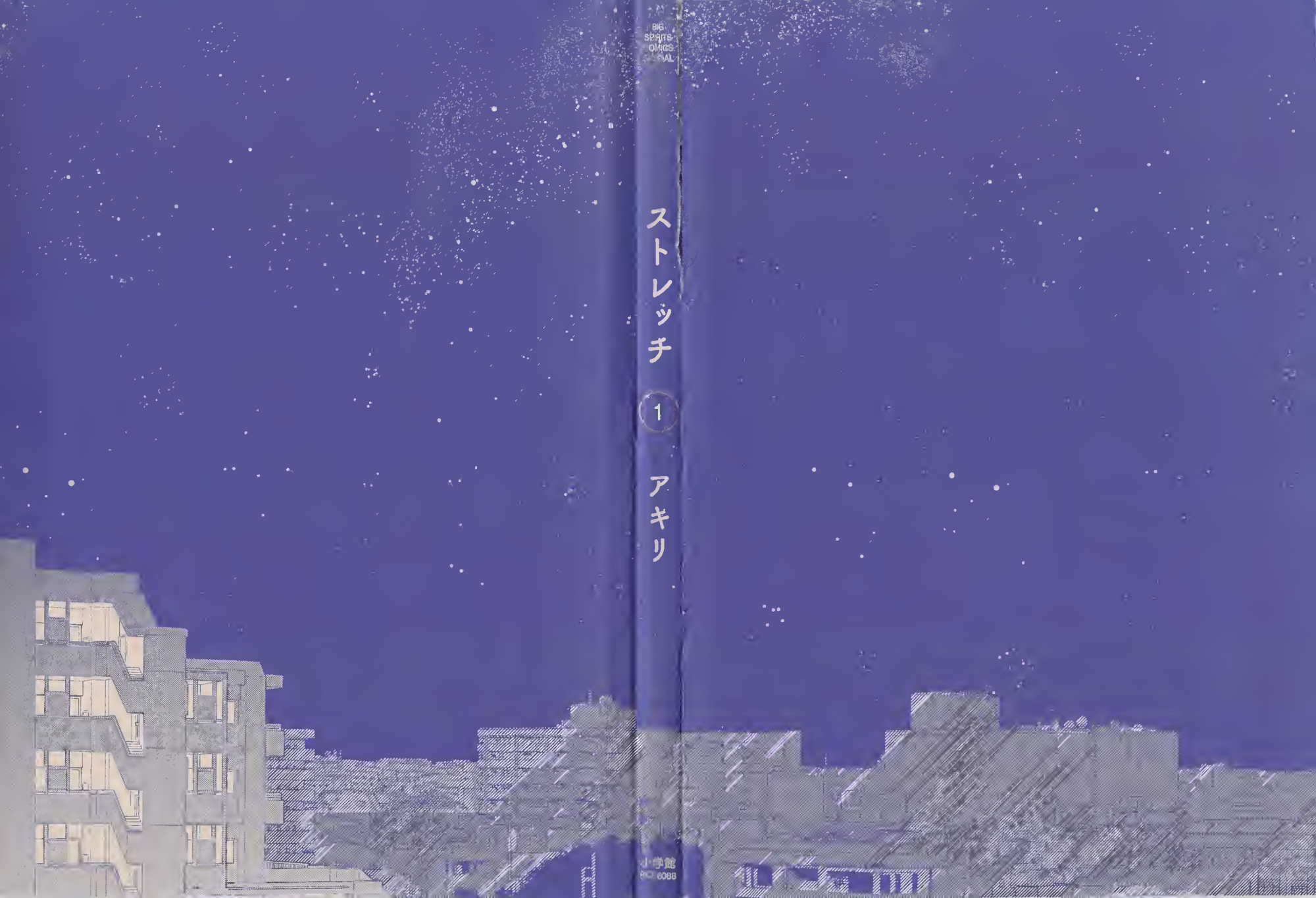
アキリ

ストレッチ
1
アキリ

ISBN978-4-09-186088-0
C9979 ¥648E
定価：本体648円＋税
雑誌 45700-88　小学館

強気なOLの慧子と
ちょっと天然な大学生の蘭。
東京ではじめたルームシェア生活。
ストレッチを中心に回る
二人のくらしを覗いてみませんか。

装画／アキリ　装丁／芥 陽子（note）


BIG SPIRITS COMICS SPECIAL
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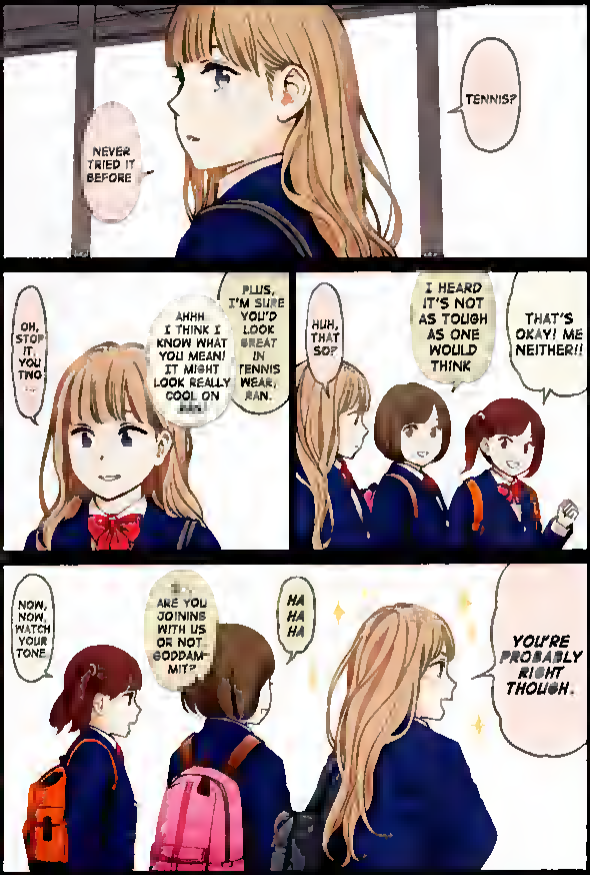
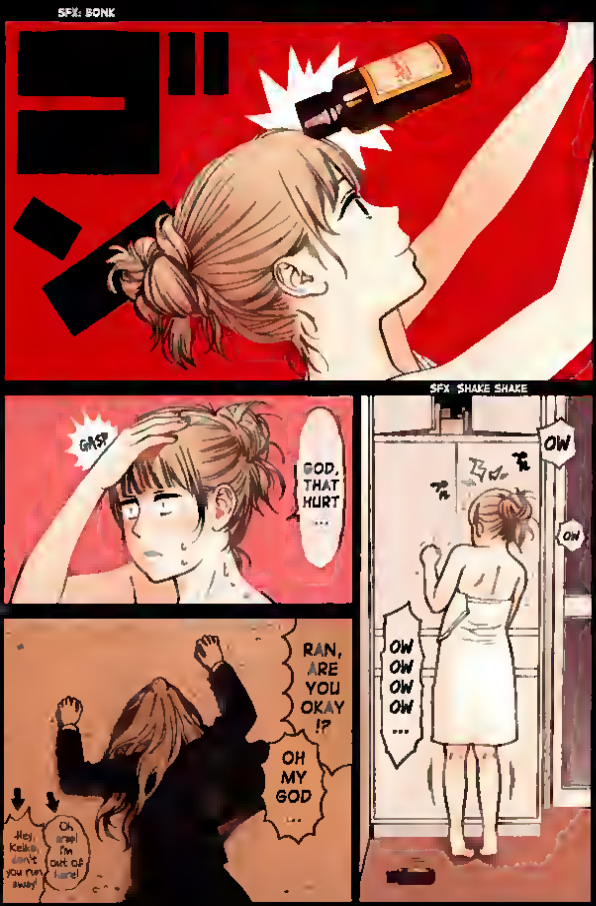
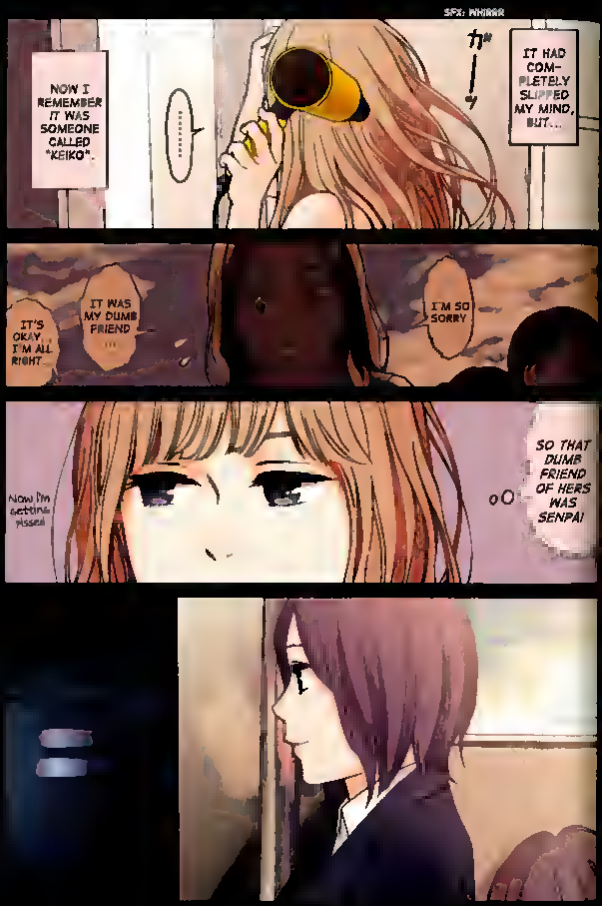
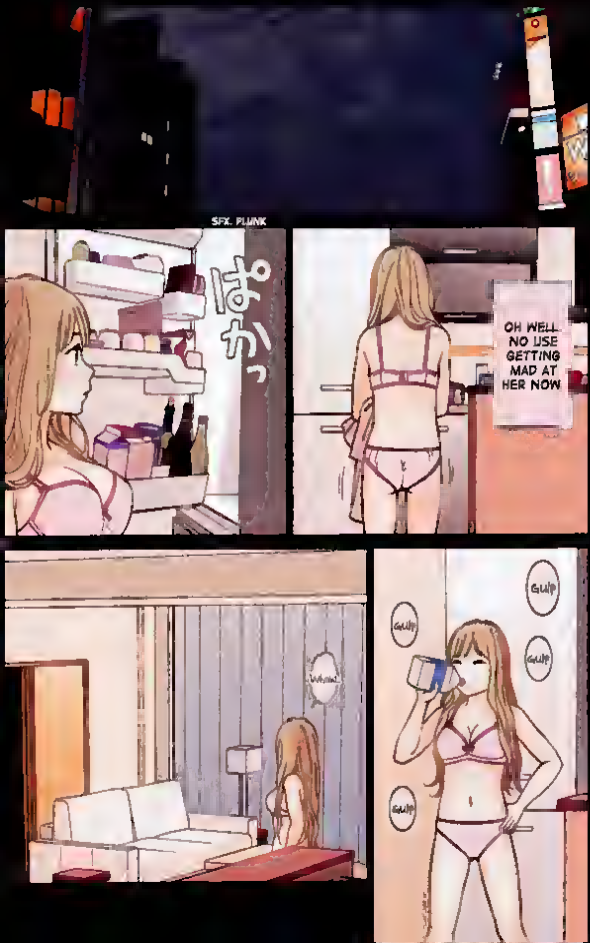
Prologue


TENNIS?
NEVER TRIED IT BEFORE
THAT'S OKAY! ME NEITHER!!
I HEARD IT'S NOT AS TOUGH AS ONE WOULD THINK
HUH, THAT SOP
PLUS, I'M SURE YOU'D LOOK GREAT IN TENNIS WEAR, RAN.
AHHH... I THINK I KNOW WHAT YOU MEAN! IT MIGHT LOOK REALLY COOL ON
OH, STOP IT YOU TWO...
YOU'RE PROBABLY RIGHT THOUGH.
HA HA HA
ARE YOU JOINING WITH US OR NOT, GODDAMMIT?
NOW, NOW, WATCH YOUR TONE

SFX: WHACK
パッコーン
BOO YEAH !!
HM?


SFX: BONK
ゴン
GASP
GOD, THAT HURT ...
SFX: SHAKE SHAKE
OW
OW
OW OW OW OW ...
RAN, ARE YOU OKAY !?
OH MY GOD ...
Hey, Keiko, don't you run away!
Oh, crap! I'm out of here!


SFX: PINIRRR
NOW I REMEMBER IT WAS SOMEONE CALLED "KEIKO".
IT HAD COMPLETELY SLIPPED MY MIND, BUT...
IT'S OKAY I'M ALL RIGHT...
IT WAS MY DUMB FRIEND ...
I'M SO SORRY
Now I'm getting pissed
SO THAT DUMB FRIEND OF HERS WAS SENPAI


SFX. PLUNK
ぱかっ
OH WELL. NO USE GETTING MAD AT HER NOW
GULP
GULP
GULP
GULP

I'M HERE NOW, AFTER
CLICK
CLICK
CLICK
CLICK

Stretch
①
akili

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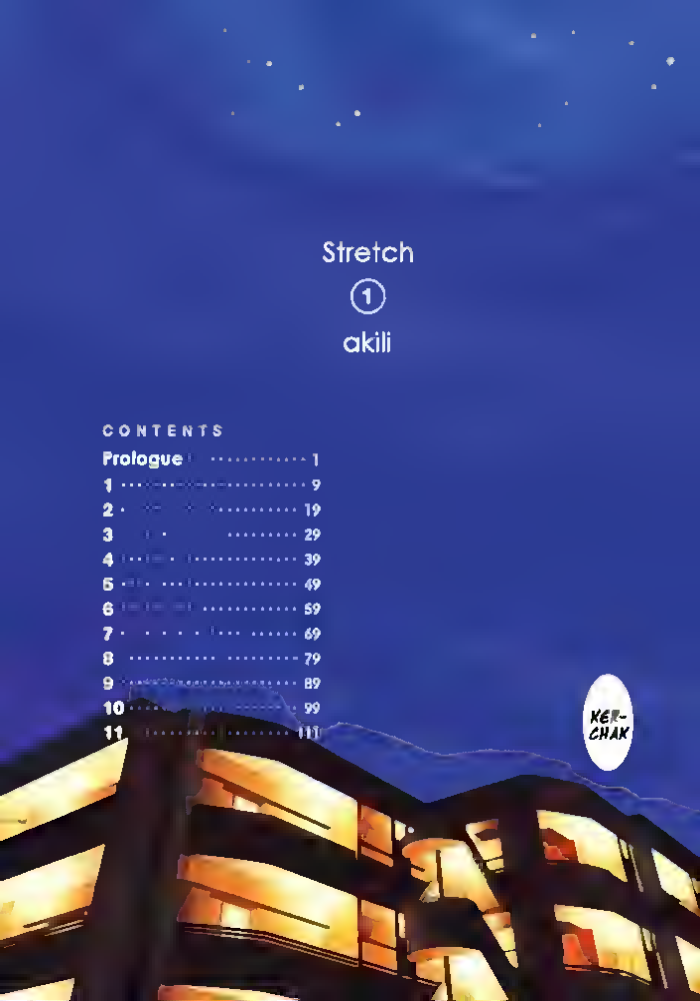

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...I'M BACK?
WEL-COME BACK

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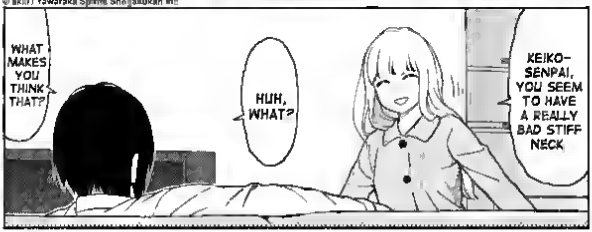

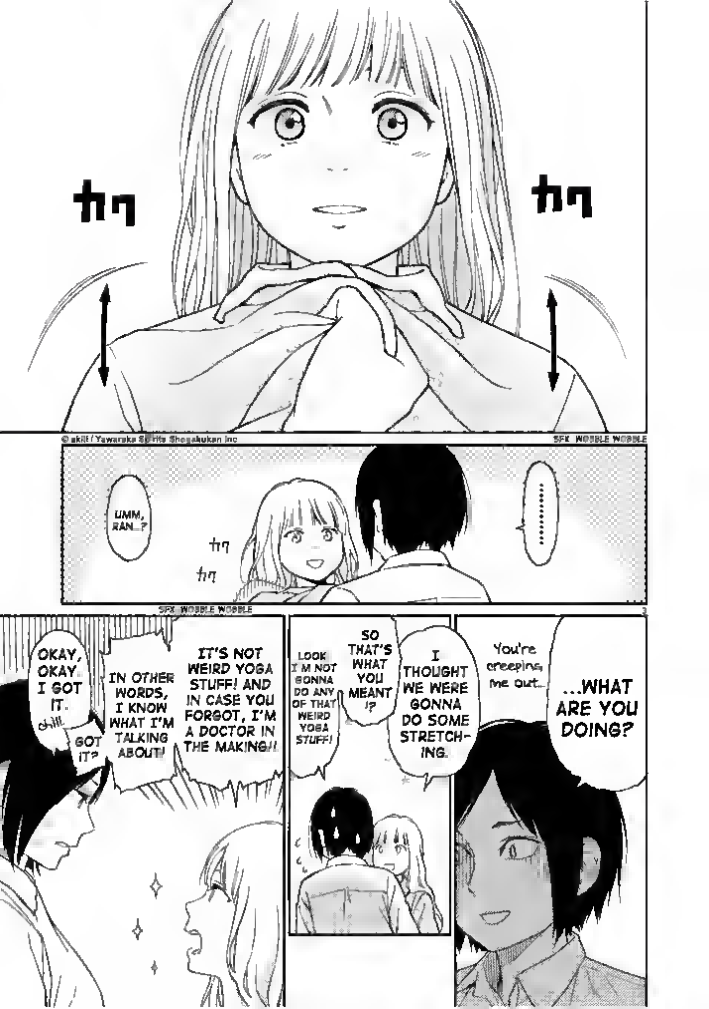
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SFX: WOBBLE WOBBLE
UMM, RAN...?
ｶｧ
ｶｧ
.....
SFX: WOBBLE WOBBLE
3
...WHAT ARE YOU DOING?
You're creeping me out...
I THOUGHT WE WERE GONNA DO SOME STRETCHING.
SO THAT'S WHAT YOU MEANT!?
LOOK I'M NOT GONNA DO ANY OF THAT WEIRD YOGA STUFF!
IT'S NOT WEIRD YOGA STUFF! AND IN CASE YOU FORGOT, I'M A DOCTOR IN THE MAKING!!
IN OTHER WORDS, I KNOW WHAT I'M TALKING ABOUT!
OKAY, OKAY I GOT IT.
GOT IT?

❷ Grasp your right arm with your left hand and pull down and to the left, then stretch your head to the left. Alternate sides.

❶ Straighten your back and move your shoulders up and down.

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❸ Move your shoulders forward and then back, tightening your shoulder blades and spreading them apart.

4 Put your hands together and extend your arms out in front of you. Then push your shoulders forward.
Your palms should be facing inward. And be sure to keep your hips straight.
Mmh... feels good...

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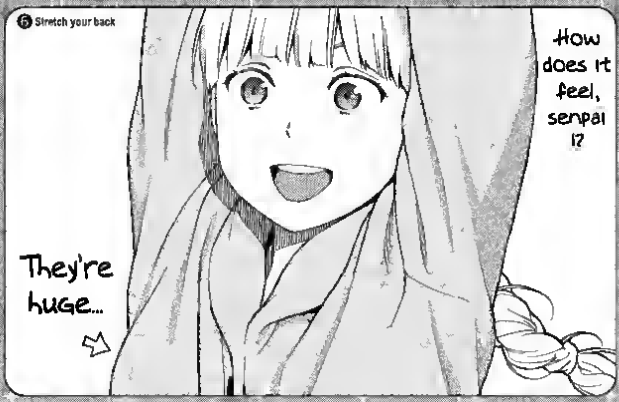
5 Place your hands on your shoulders and then rotate your elbows
BOOBS
As if you're drawing circles with your elbows. First clockwise, then counter-clockwise.



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SFX TROT TROT
ALRIGHT. THAT DOES IT GET OVER HERE
YOU WILL SOON LOOK LIKE THIS.
AND IF YOU DON'T DO ANY-THING ABOUT IT—
4 April
SFX SCRIBBLE
YOU'RE ALMOST 25, SENPAI. AND YOUR YOUNG BODY'S ONLY GOING TO GO DOWNHILL FROM NOW ON
ARE YOU SURE?
?

WHAT'S STRETCHING GOT TO DO WITH LOSING WEIGHT ANYWAY?
DON'T MAKE ME GIVE YOU ANOTHER BUMP ON YOUR HEAD
YOU'LL FINALLY BE ABLE TO GET A BOY-FRIEND TOO

SFX CLENCH

NOW THAT WE ARE LIVING TOGETHER
AND THERE ARE ALSO SOME EXERCISES I CAN'T DO ALONE
HNNN
I'VE ALWAYS WANTED A PART-NER TO STRETCH WITH

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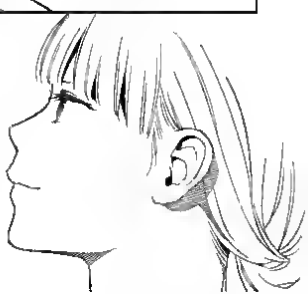

SFX: BOW
ペコ
THANK YOU VERY MUCH.
HEY, I DIDN'T SAY ANY-THING...
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WELL, OKAY
I SHOULD BE ABLE TO MAKE SOME TIME BEFORE I GO TO BED EVERYDAY
SO YEAH, I'LL HELP YOU OUT
SPEAKING OF WHICH, SENPAI!
WE WEREN'T QUITE FINISHED WITH THE STRETCH-ING YET.
YAY

★How to keep your daily stretching exercise going

Make it a part of your daily routine.
→Mark every day you've stretched on your calendar.

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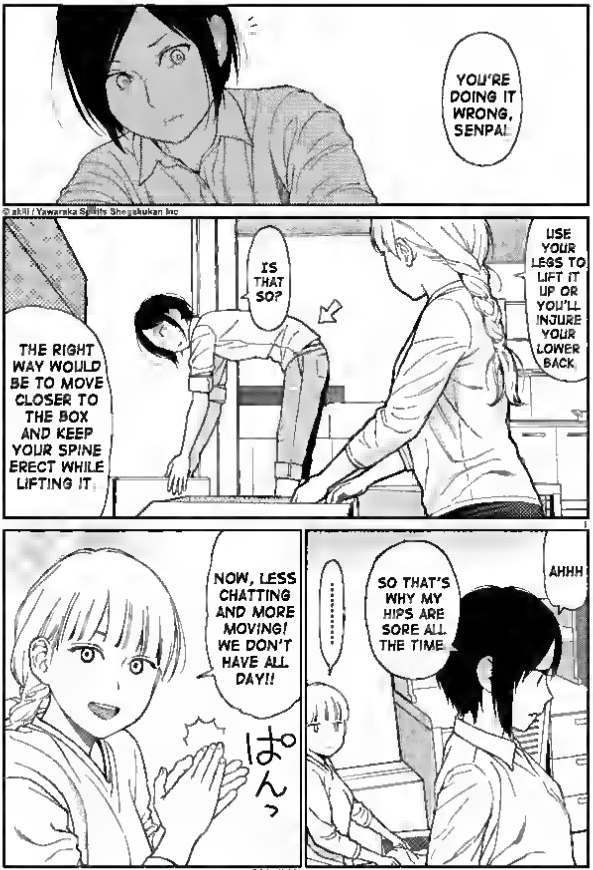
YOU'RE DOING IT WRONG, SENPAI.
© akRi / Yawaraka Spirits Shogakukan Inc
USE YOUR LEGS TO LIFT IT UP OR YOU'LL INJURE YOUR LOWER BACK.
IS THAT SO?
THE RIGHT WAY WOULD BE TO MOVE CLOSER TO THE BOX AND KEEP YOUR SPINE ERECT WHILE LIFTING IT.
AHHH
SO THAT'S WHY MY HIPS ARE SORE ALL THE TIME.
.....
NOW, LESS CHATTING AND MORE MOVING! WE DON'T HAVE ALL DAY!!
ぱんっ
SFX: CLAP

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THANK YOU FOR HELPING ME.
GUESS WE'RE DONE.
IS IT TIME?
OH!
NOW THEN
AHHH HHHH —

YOU SEE, MASSAGING YOUR BODY BEFORE STRETCHING CAN ENHANCE ITS EFFECTIVENESS.
WHY DON'T WE SKIP THE STRETCHING AND JUST DO THIS EVERYDAY INSTEAD?
NO.
Ehhhhhh!?
Pretty please?
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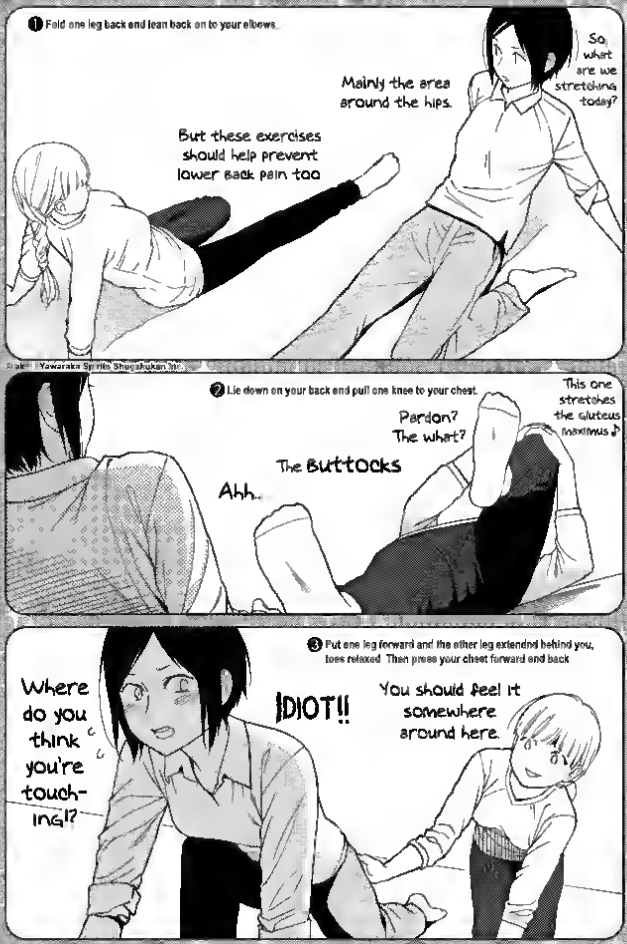
1 Fold one leg back and lean back on to your elbows.
So, what are we stretching today?
Mainly the area around the hips.
But these exercises should help prevent lower back pain too
Yawaraka Sprite Shogakukan Inc.
2 Lie down on your back and pull one knee to your chest.
This one stretches the gluteus maximus♪
Pardon? The what?
The buttocks
Ahh...
3 Put one leg forward and the other leg extending behind you, toes relaxed. Then press your chest forward and back
Where do you think you're touch-ing!?
IDIOT!!
You should feel it somewhere around here.

4 Sit on the ground, fold your knees and bend forward
Here's how you do the next one...
ドスドス
Ow, that hurts!
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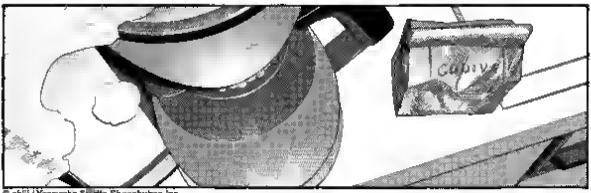
SFX: THUP THUD
5 Lie down on your back and cross your leg over your body
Eek
It's E. Why?
...what's your cup size?
6 Lie down on your back and pull both knees to your chest.
You're more the slender and handsome type anyway, senpai.
...yeah, I guess



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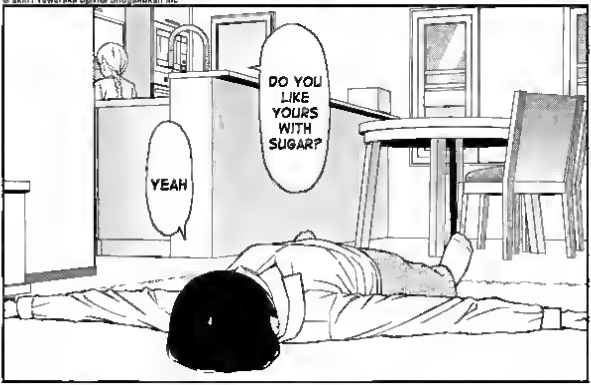

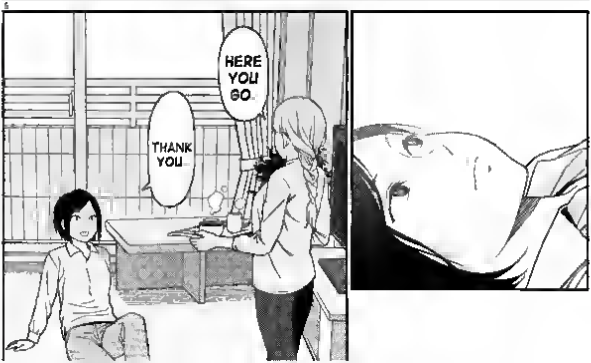

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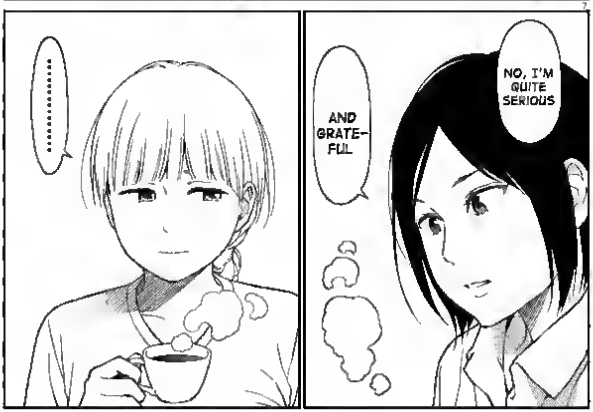

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TODAY IS A SATURDAY! WHEN ARE WE SUPPOSED TO DRINK IF NOT TODAY!!?
NO, LOOK, I DON'T MIND IF WE DO, BUT.....
ONLY IF YOU PROMISE ME ONE THING.

★How to keep your daily stretching exercise going

Make a ritual out of it
→Put on a special stretching playlist when you stretch

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AHH, THE FOLLY OF YOUTH.
OH, STOP IT.
THE UNDER-CLASS GIRLS MUST'VE HATED ME.
THAT'S NOT TRUE.
THEY WERE SCARED OF YOU, BUT SAID YOU'RE COOL.
Tennis Club Trial Album
HUH, THEY DID?
I COULDN'T STAND YOU THOUGH.

SFX: RANT RANT
WHY'S SHE HAVE TO BE SO BRUTALLY HONEST DAMMIT
DO WHAT YOU WANT
SENPAI, CAN I OPEN THIS ULTRA-PREMIUM SAKE HERE?
The one we got as a house-warming gift!!
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YOU SURE !?
EH?
どん
...DRINK IT ALONE IF YOU WANT, I NEED TO LIE DOWN A BIT.
SFX: THUMP
SAKE WORTH MORE THAN 10.000 YEN.
YAY.
AND I'M TIRED
I'M NOT INTO SAKE ANY-WAY

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Lie down on your back and lift your buttocks
WOMEN LIKE ME!!
Just kidding!
ALSO, DON'T YOU THINK THAT WOMEN WITH GOOD POSTURE ARE SIMPLY MORE ATTRACTIVE?

Lie down on your back and lift one leg.
ALL YOU HAVE TO DO IS MAKE SURE YOU MAINTAIN THE CORRECT BODY POSTURE IN EVERYDAY LIFE AND YOU WOULD NEVER GET A STIFF NECK AGAIN.

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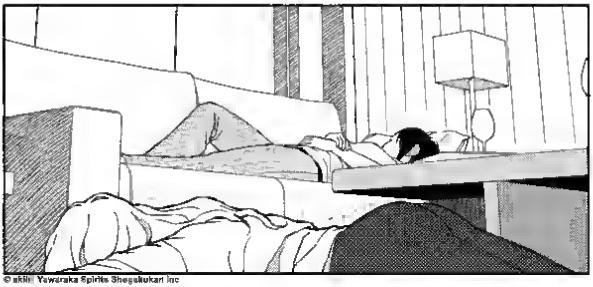

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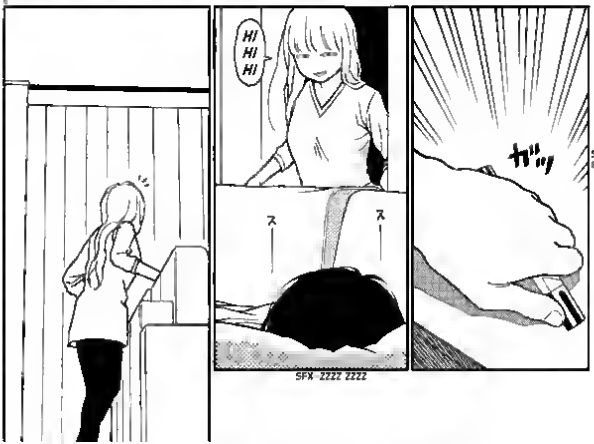

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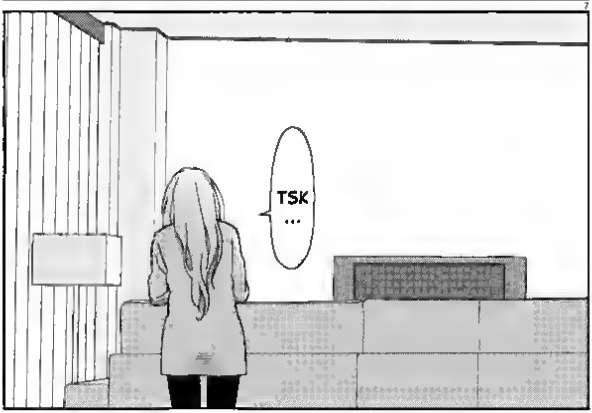

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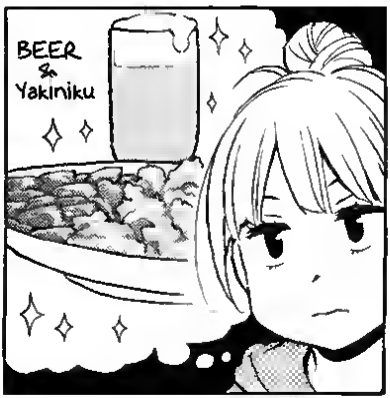
★ How to keep your daily stretching exercise going



An impure motivation is usually more efficient.
→ Set up a small reward for every week of stretching beforehand.

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SFX: SLUMP
I'M BACK
WELCOME BACK
SFX: KERCHAK
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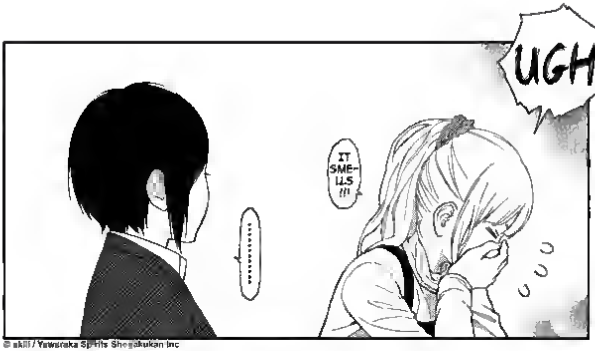
I HAD TO RUN ERRANDS OUTSIDE ALL DAY LONG. My feet...
WHAT'S WRONG?
POOR SENPAI
LET ME TAKE OFF YOUR SHOES FOR YOU THEN
Eh?
NO, I'LL DO IT MYSELF! MY FEET SMELL!!
PLEASE DON'T WORRY ABOUT THAT
IT ONLY PROVES HOW HARD YOU HAVE WORKED TODAY.
RAN.



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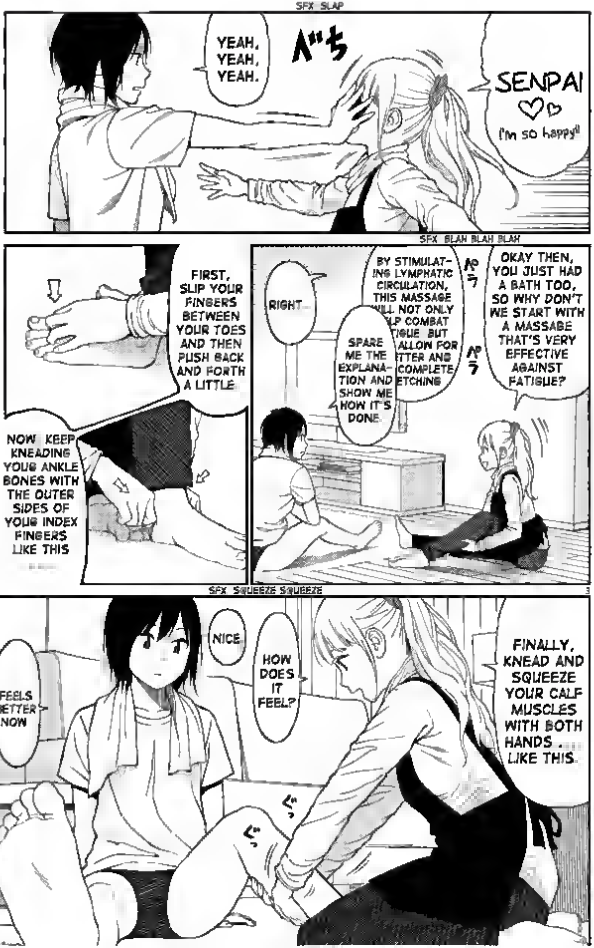
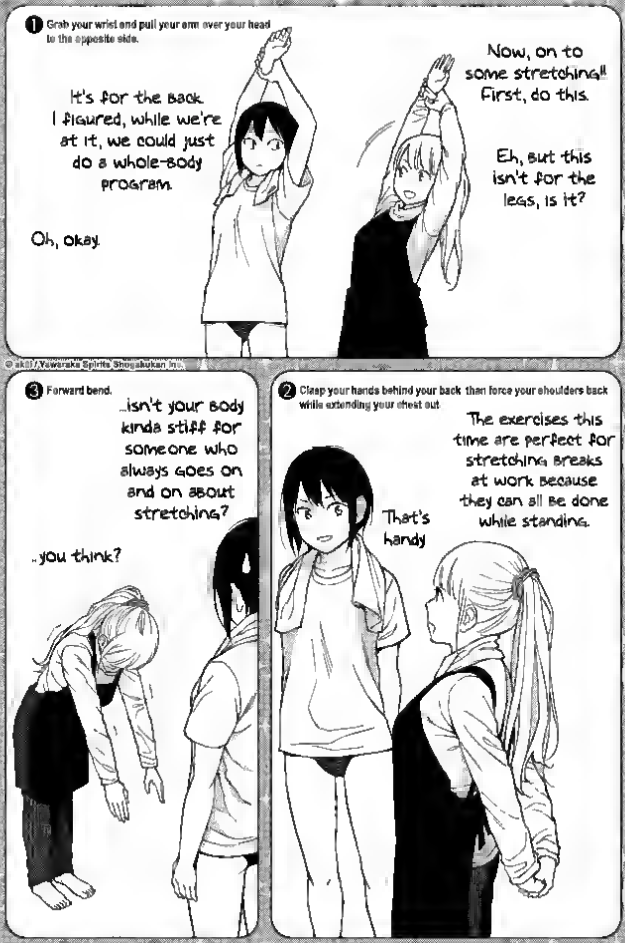

SFX SLAP
YEAH, YEAH, YEAH.
SENPAI ♡
I'm so happy!
SFX BLAH BLAH BLAH
FIRST, SLIP YOUR FINGERS BETWEEN YOUR TOES AND THEN PUSH BACK AND FORTH A LITTLE
NOW KEEP KNEADING YOUR ANKLE BONES WITH THE OUTER SIDES OF YOUR INDEX FINGERS LIKE THIS
RIGHT
SPARE ME THE EXPLANATION AND SHOW ME HOW IT'S DONE
BY STIMULATING LYMPHATIC CIRCULATION, THIS MASSAGE WILL NOT ONLY HELP COMBAT FATIGUE BUT ALSO ALLOW FOR BETTER AND COMPLETE STRETCHING
OKAY THEN, YOU JUST HAD A BATH TOO, SO WHY DON'T WE START WITH A MASSAGE THAT'S VERY EFFECTIVE AGAINST FATIGUE?
SFX SQUEEZE SQUEEZE
FEELS BETTER NOW
NICE
HOW DOES IT FEEL?
FINALLY, KNEAD AND SQUEEZE YOUR CALF MUSCLES WITH BOTH HANDS... LIKE THIS.


1 Grab your wrist and pull your arm over your head to the opposite side.
Now, on to some stretching!! First, do this.
It's for the back. I figured, while we're at it, we could just do a whole-body program.
Eh, but this isn't for the legs, is it?
Oh, okay.
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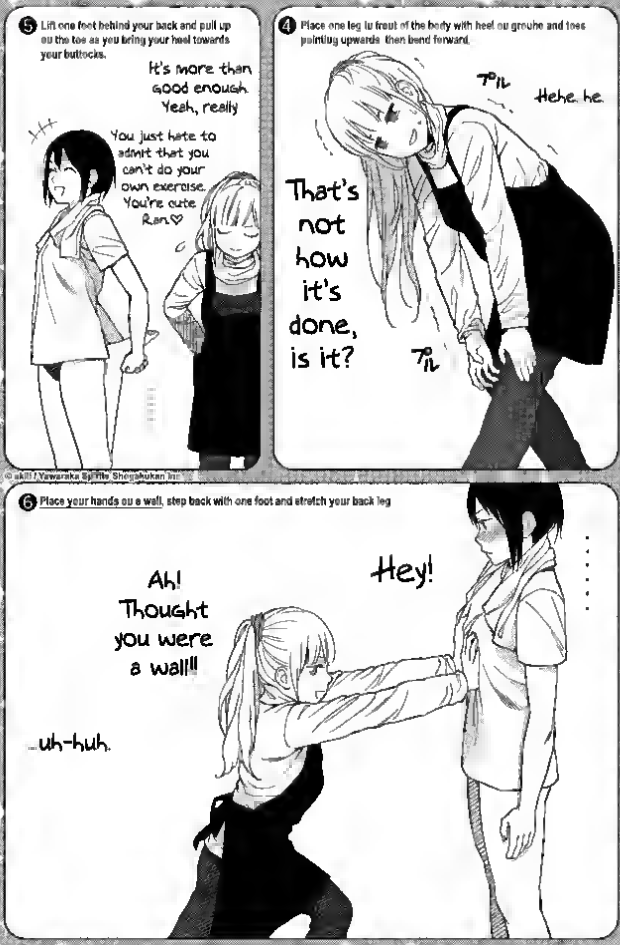
3 Forward bend.
..isn't your body kinda stiff for someone who always goes on and on about stretching?
..you think?
2 Clasp your hands behind your back then force your shoulders back while extending your chest out
The exercises this time are perfect for stretching breaks at work because they can all be done while standing.
That's handy


5 Lift one foot behind your back and pull up on the toe as you bring your heel towards your buttocks.
It's more than good enough. Yeah, really
You just hate to admit that you can't do your own exercise. You're cute, Ran♡
4 Place one leg in front of the body with heel on groin and toes pointing upwards then bend forward.
SFX SHAKE SHAKE
Hehe. he.
That's not how it's done, is it?
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6 Place your hands on a wall, step back with one foot and stretch your back leg
Hey!
Ah! Thought you were a wall!!
uh-huh.

OH, RIGHT, SENPAI
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I GOT A PART-TIME JOB NOW.
HM.
THAT'S GOOD, ISN'T IT?
YES! AND WELL, I MEANT TO ASK...
CRW
IF YOU COULD WAIT A LITTLE LONGER FOR MY SHARE OF THE RENT
AHH, SURE, SURE, TAKE YOUR TIME!
IT'S LIKE I SAID THE OTHER DAY.
FLATLY REFUSES
YOU'RE STILL ONLY A STUDENT AND...
SFX. SIP
IF YOU WANT, I COULD SUPPORT YOU FOR A WHILE, YOU KNOW?
My pay is good.
NO, BUT I APPRECIATE YOUR CONCERN
きっぱり
THANK YOU VERY MUCH.
ALL RIGHT

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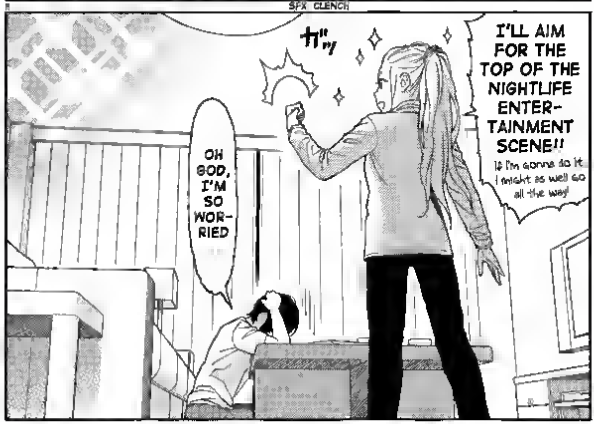
I DON'T KNOW WHAT YOU'RE IMAGINING, BUT IT'S NOTHING HARDCORE
NO, NO ..
THAT'S NOT WHAT I MEANT..
THAT KIND OF JOB JUST ISN'T FOR YOU, RAN
YOU'RE TOO PURE
WHAT ARE YOU TALKING ABOUT!?


SFX: CLENCH
I'LL AIM FOR THE TOP OF THE NIGHTLIFE ENTER-TAINMENT SCENE!!
If I'm gonna do it, I might as well go all the way!
OH GOD, I'M SO WOR-RIED

★ How to keep your daily stretching exercise going

Try reversing your schedule for the day.
→ Whenever you think to yourself "I'll stretch later", do it then instead of later.

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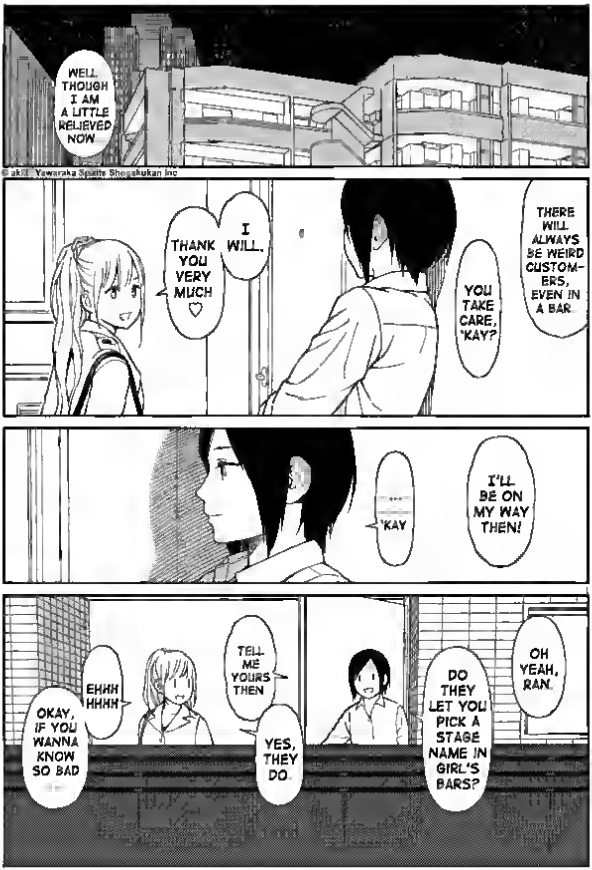
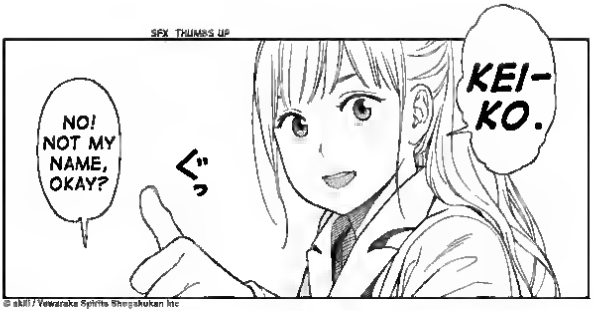

WELL, THOUGH I AM A LITTLE RELIEVED NOW
© akiii Yawaraka Spatte Shogakukan Inc
THANK YOU VERY MUCH ♡
I WILL.
YOU TAKE CARE, 'KAY?
THERE WILL ALWAYS BE WEIRD CUSTOMERS, EVEN IN A BAR.
'KAY
I'LL BE ON MY WAY THEN!
EHHH HHHH
OKAY, IF YOU WANNA KNOW SO BAD
TELL ME YOURS THEN
YES, THEY DO.
DO THEY LET YOU PICK A STAGE NAME IN GIRL'S BARS?
OH YEAH, RAN.



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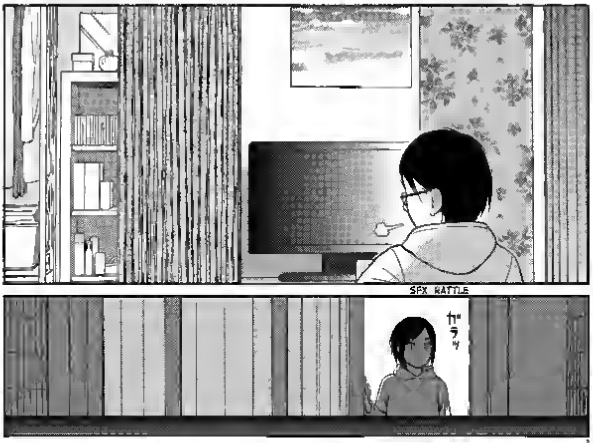
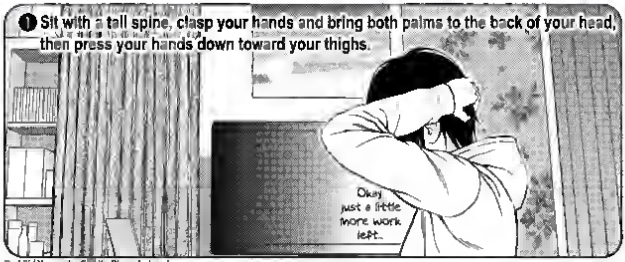
5


SFX RATTLE
ｶﾀﾝ

I WONDER IF SHE'S ALRIGHT

SIGH


❶ Sit with a tall spine, clasp your hands and bring both palms to the back of your head, then press your hands down toward your thighs.
Okay, just a little more work left...

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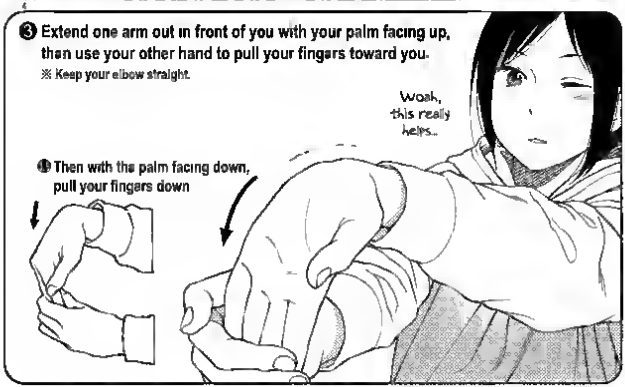
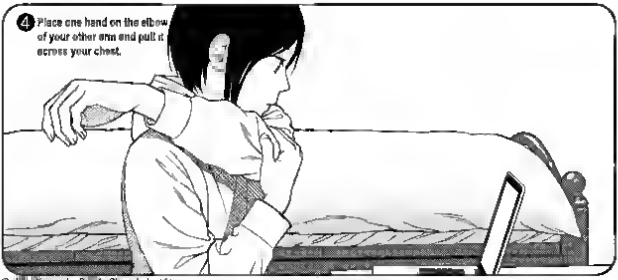

❸ Extend one arm out in front of you with your palm facing up, then use your other hand to pull your fingers toward you.
※ Keep your elbow straight.
Woah, this really helps...
❹ Then with the palm facing down, pull your fingers down



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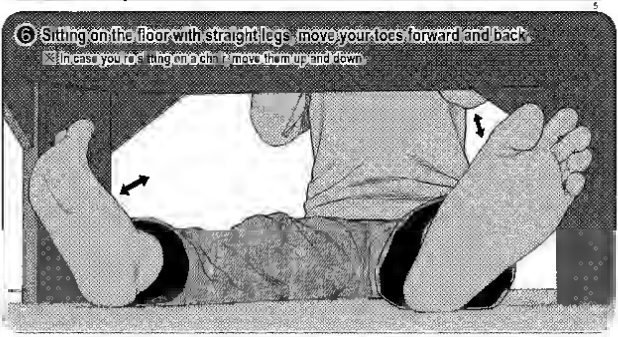
5 Lift up one arm next to your head
and bend it at elbow joint, then
hold the elbow with the other
hand and pull it to the side.
※ Keep your back straight.


6 Sitting on the floor with straight legs, move your toes forward and back.
※ In case you're sitting on a chair, move them up and down.

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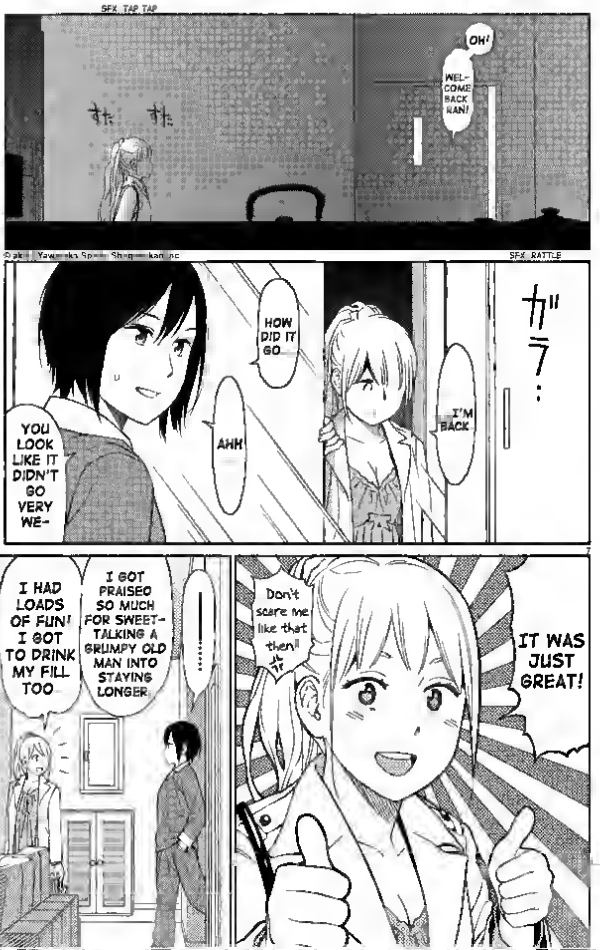
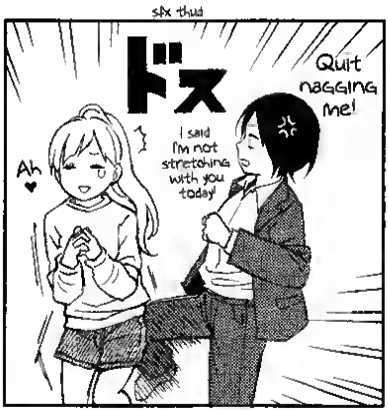
SFX JOLT
SFX CREAK KER-CHAK
ガチャ
キッ
びくっ


SFX: TAP TAP
OH!
WELCOME BACK NAN!
SFX: RATTLE
I'M BACK
HOW DID IT GO
AHH
YOU LOOK LIKE IT DIDN'T GO VERY WE-
IT WAS JUST GREAT!
Don't scare me like that then!!
I GOT PRAISED SO MUCH FOR SWEET-TALKING A GRUMPY OLD MAN INTO STAYING LONGER
I HAD LOADS OF FUN! I GOT TO DRINK MY FILL TOO

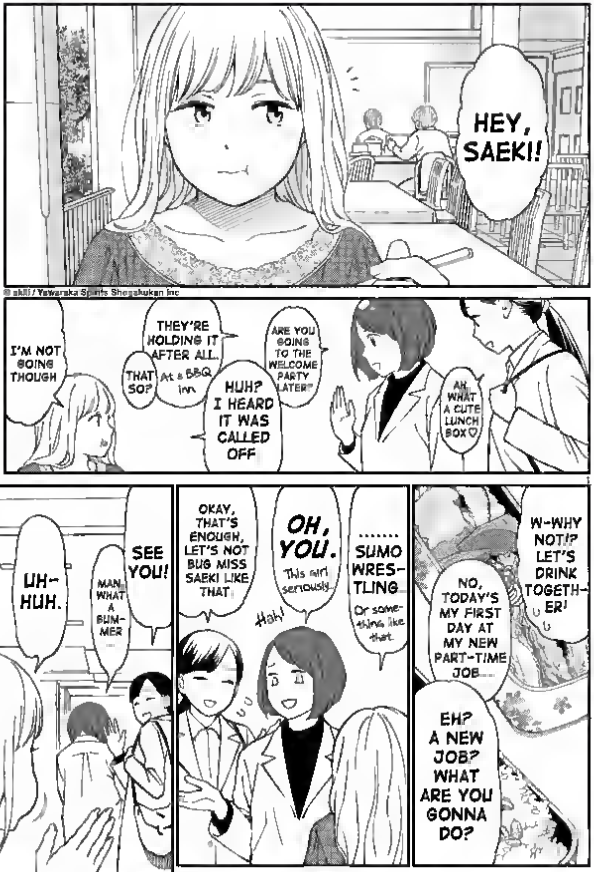
I THINK YOU'RE A VERY STRONG GIRL, RAN.
I REALLY DO.
.....
OH, STOP IT, IT'S NOT LIKE YOU AT ALL, SENPAI.
WHA?
YOUR NEW-FOUND REPUTATION AS "RAZOR KEIKO" WILL BE RUINED IF YOU'RE SO QUICK TO PRAISE OTHERS, U KNOW?
DON'T USE MY NAME.
SO SAW-
© akiti / Yawaraka Spirits Shogakukan Inc

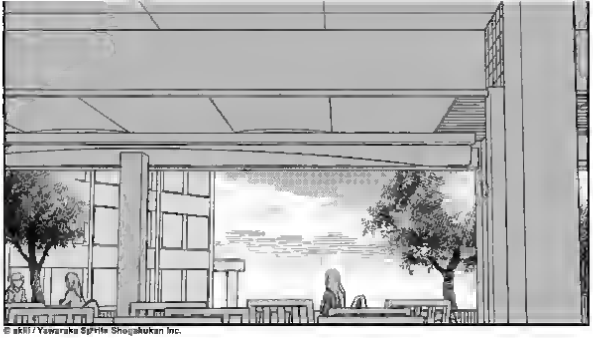
★ How to keep your daily stretching exercise going



Slack off shamelessly every once in a while
→Take a day off after every 3 days of stretching, i.e. 3 days in 12 days

Stretch
ストレッチ
5
akili
アキリ


HEY, SAEKI!
© akiii / Yawaraka Spirits Shogakukan Inc
ARE YOU GOING TO THE WELCOME PARTY LATER?
AH, WHAT A CUTE LUNCH BOX!
THEY'RE HOLDING IT AFTER ALL...
At a BBQ inn
THAT SO?
I'M NOT GOING THOUGH
HUH? I HEARD IT WAS CALLED OFF
W-WHY NOT!? LET'S DRINK TOGETH-ER! ♡
NO, TODAY'S MY FIRST DAY AT MY NEW PART-TIME JOB...
EH? A NEW JOB? WHAT ARE YOU GONNA DO?
OH, YOU.
This girl seriously...
Hah!
OKAY, THAT'S ENOUGH, LET'S NOT BUG MISS SAEKI LIKE THAT
.....
SUMO WRES-TLING
Or some-thing like that
SEE YOU!
MAN, WHAT A SUM-MER...
UH-HUH.



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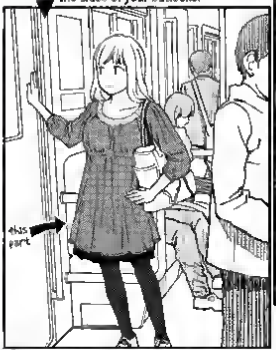
6

☆Shape-up and stretching exercises you can do on the go
SFX. STEP STEP
SFX. THUD THUD THUD
❷ Take big steps forward and lower your hips at every step while keeping your back upright
スッ
スッ
Yeah.
She's walking strangely again...
❶ Walking
Ah, it's Miss Ran!

❹ Stand close to a wall with your feet lined up. Then lean towards the wall to stretch the sides of your buttocks.



❸ Rotate your hips around in big circles

❻ Every third step, swing one leg upward and touch the sole of your feet with your hand

❺ While walking, lift your knees up to touch your elbow alternatively

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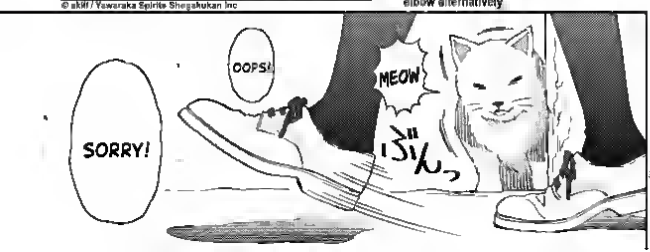

ANY-WAYS
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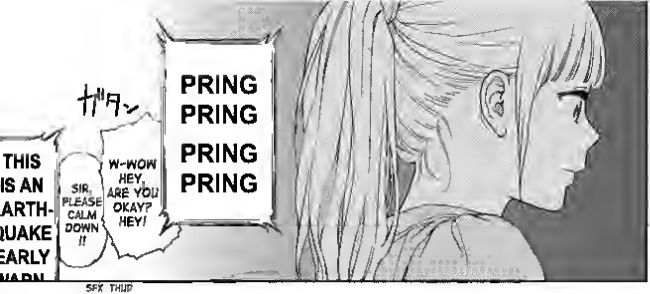
EHH HHH ?
BUT AT THE END OF A LONG DAY IT'S NICE TO HAVE A GOOD PLACE TO CATCH YOUR BREATH AT, DON'T YOU THINK?
WHAT'S UP WITH YOU GIRLS ALWAYS WORKING AT THIS UNGODLY HOUR ANYWAY, HUH?
DON'T YOU THINK IT'S SHAME-LESS? HUH?
SFX: SMILE SMILE
YOU MUST BE TIRED FROM WORKING ALL DAY TOO, SIR
YOU BET I AM!
THAT DAMN SECTION CHIEF ALWAYS WORKS ME TO THE BONE!
IT'S IMPOR-TANT TO LET OFF STEAM TOO
WOULD YOU LIKE ANOTHER DRINK, SIR?
WOW, SHE'S GOOD
ARE YOU SURE SHE'S NEW TO THIS JOB?
ALRIGHT, POUR ME A GLASS! AND GET ONE FOR YOURSELF TOO, GIRL. YOU'RE DRINKING WITH ME.
YAY ♡
THANK YOU VERY MUCH! ♡
PRING PRING
PRING PRING



T/L NOTE: "PRING PRING PRING PRING" IS THE STANDARD JAPANESE EARTHQUAKE EARLY WARNING SOUND BROADCASTED ON TV AND RADIO.

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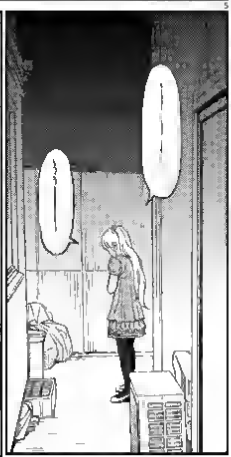

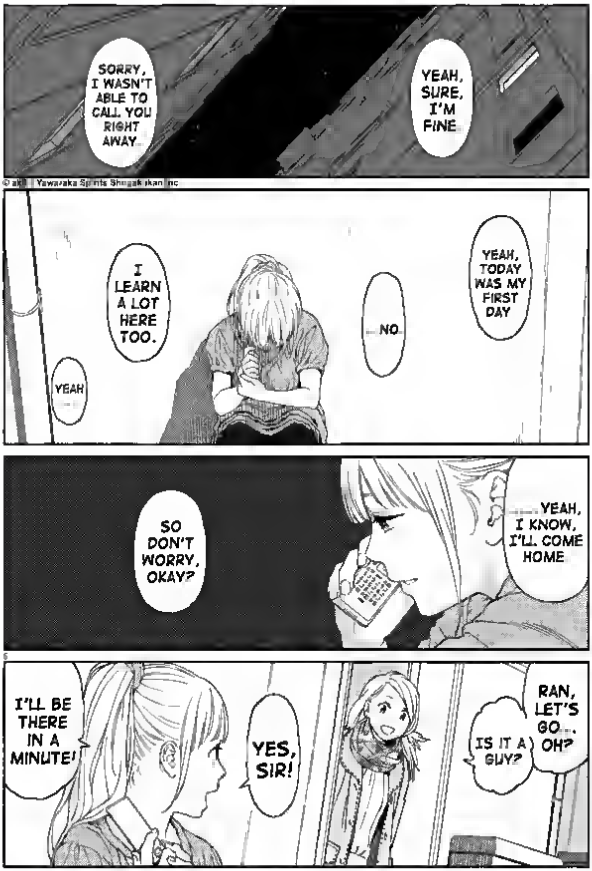
SORRY, I WASN'T ABLE TO CALL YOU RIGHT AWAY.
YEAH, SURE, I'M FINE.
YEAH, TODAY WAS MY FIRST DAY
NO.
I LEARN A LOT HERE TOO.
YEAH
YEAH, I KNOW, I'LL COME HOME.
SO DON'T WORRY, OKAY?
RAN, LET'S GO... OH?
IS IT A GUY?
YES, SIR!
I'LL BE THERE IN A MINUTE!
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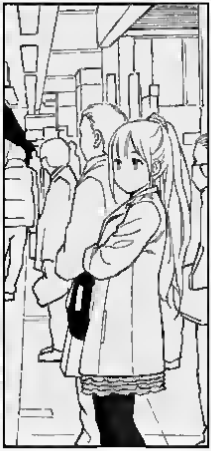
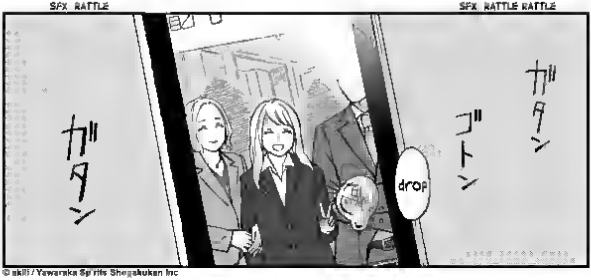
© akiii / Yawaraka Spirits Shinguukan Inc

SFX: RATTLE RATTLE





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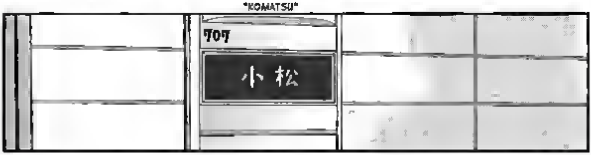
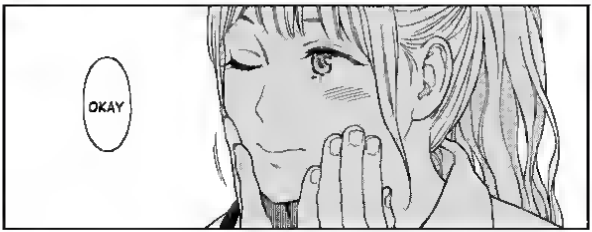
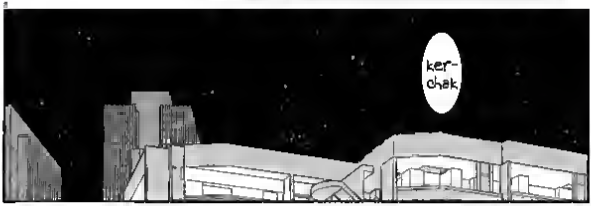
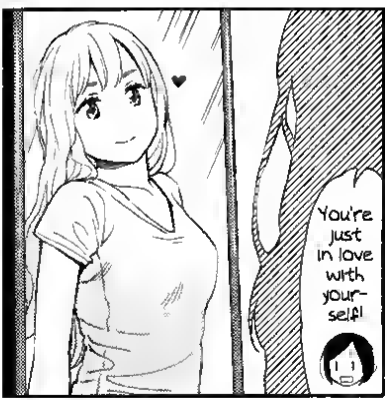




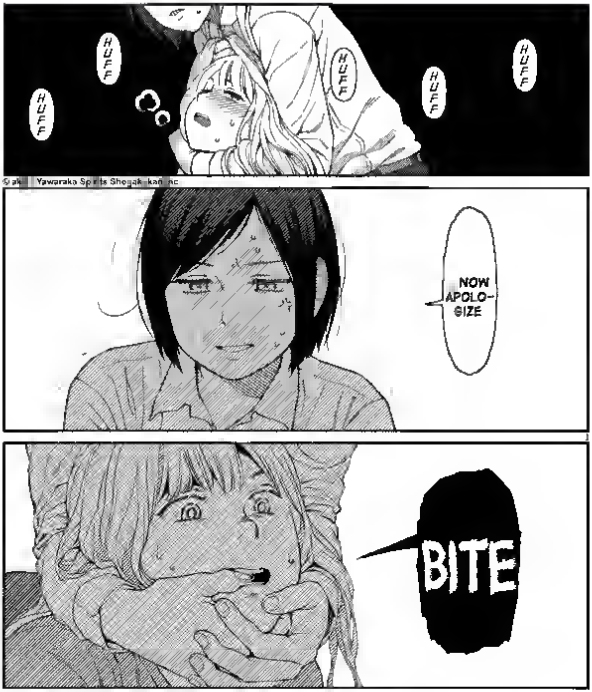


★How to keep your daily stretching exercise going

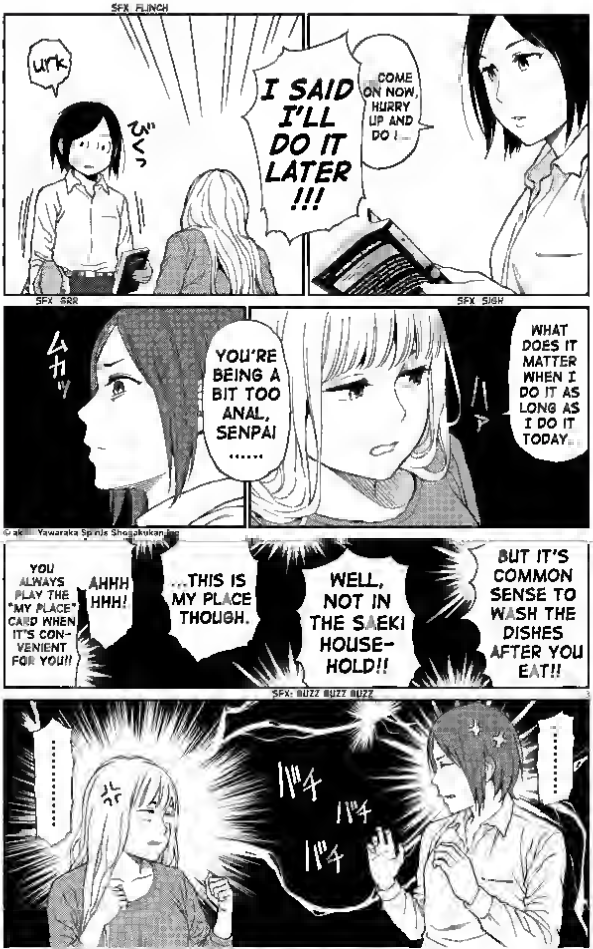


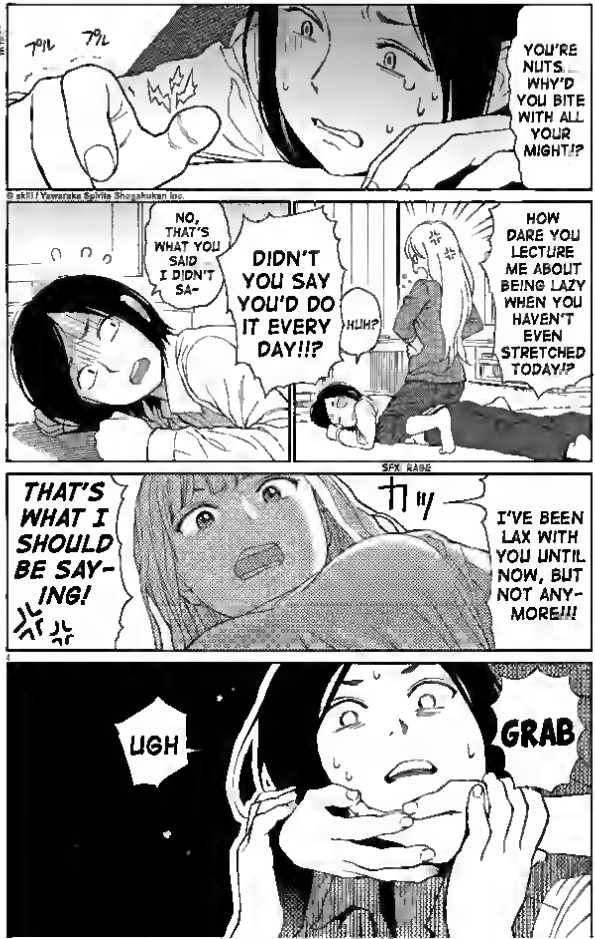
Stretch in front of a mirror.
→No one dislikes their reflection as much as they claim. Feel free to get enchanted by yourself.

Stretch
ストレッチ
6
akili
アキリ


HUFF
HUFF
HUFF
HUFF
HUFF
Yawaraka Spirits Shogakukan Inc
NOW APOLO-GIZE
BITE

TWO MINUTES EARLIER
HEY!!
HEY, RAN
flip
© akiI / Yawaraka Spirits Shogakukan Inc.
I'LL DO IT LATER ...
I KNOW.
IT'S YOUR TURN TO WASH THE DISHES TODAY.
DON'T HMMM ME.
HMM MM?
SEX GRIP
NO, DO IT NOW.
ぎゅっ


SFX: FLINCH
urk
びくっ
I SAID I'LL DO IT LATER !!!
COME ON NOW, HURRY UP AND DO IT...
SFX: SIGH
SFX: GRR
ムカッ
YOU'RE BEING A BIT TOO ANAL, SENPAI .....
WHAT DOES IT MATTER WHEN I DO IT AS LONG AS I DO IT TODAY...
© Saeki Yawaraka Sprits Shogakukan Inc.
YOU ALWAYS PLAY THE "MY PLACE" CARD WHEN IT'S CONVENIENT FOR YOU!!
AHHH HHH!
...THIS IS MY PLACE THOUGH.
WELL, NOT IN THE SAEKI HOUSEHOLD!!
BUT IT'S COMMON SENSE TO WASH THE DISHES AFTER YOU EAT!!
SFX: BUZZ BUZZ BUZZ
ぶー
バチ
バチ
バチ


SFX: SHAKE SHAKE
YOU'RE NUTS... WHY'D YOU BITE WITH ALL YOUR MIGHT!?
© akii / Yawaraka Spirits Shogakukan Inc.
NO, THAT'S WHAT YOU SAID I DIDN'T SA-
DIDN'T YOU SAY YOU'D DO IT EVERY DAY!!?
HUH?
HOW DARE YOU LECTURE ME ABOUT BEING LAZY WHEN YOU HAVEN'T EVEN STRETCHED TODAY!?
SFX: RAGE
THAT'S WHAT I SHOULD BE SAY-ING!
I'VE BEEN LAX WITH YOU UNTIL NOW, BUT NOT ANY-MORE!!!
UGH
GRAB

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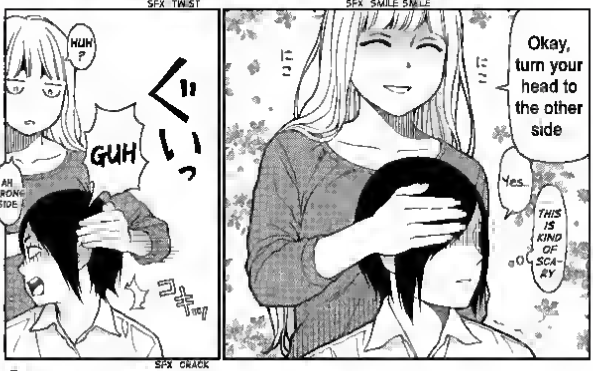


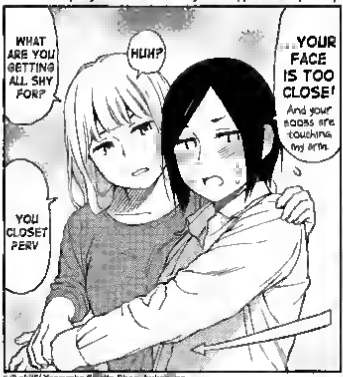
❶ Lateral neck rotation x 10

I Turn your head to the side and have your partner hold your head from behind
II Then rotate your head to the other side while your partner provides resistance

❷ Upper arm stretch 10 sec.

I. Have your partner hold one of your arms from behind and pull it up (to stretch the biceps).

III. Have them pull your arms alternatively to the opposite side (deltoid)



II Have them pull your shoulders up (trapezius).

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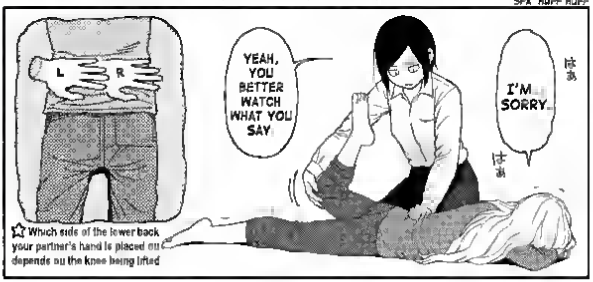
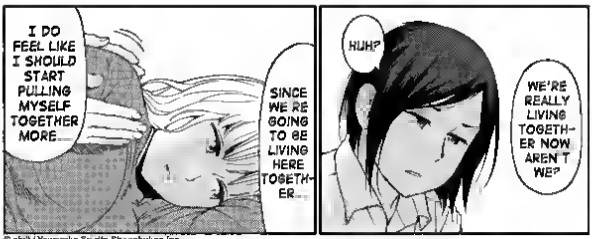
SFX GNASH GNASH GNASH

❸ Core muscles stretch Have your partner pull your knees up while holding down your lower back
10 sec - LR (to stretch the Iliopsoas muscle)

SFX HUFF HUFF



☆ Which side of the lower back your partner's hand is placed on depends on the knee being lifted


I DO FEEL LIKE I SHOULD START PULLING MYSELF TOGETHER MORE...
SINCE WE'RE GOING TO BE LIVING HERE TOGETHER...
HUH?
WE'RE REALLY LIVING TOGETHER NOW AREN'T WE?

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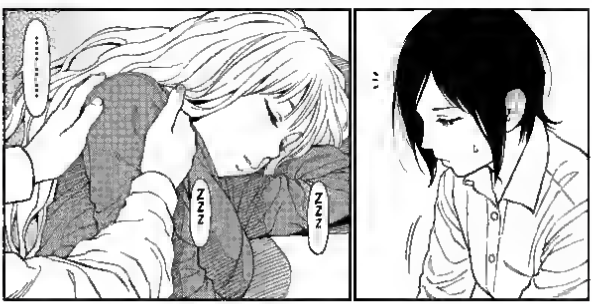
❹ Scapula squeeze/release x 10

I Bend your elbow to 90 degrees
II Have your partner place their hands on your shoulder and put pressure on it.
III Move your shoulder forward and back while your partner provides resistance.



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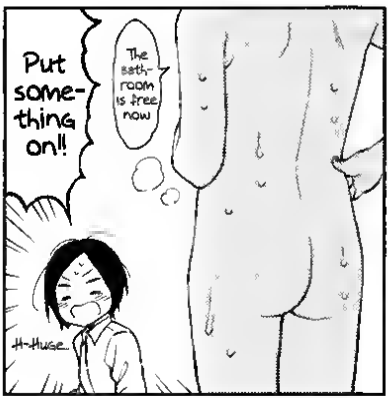
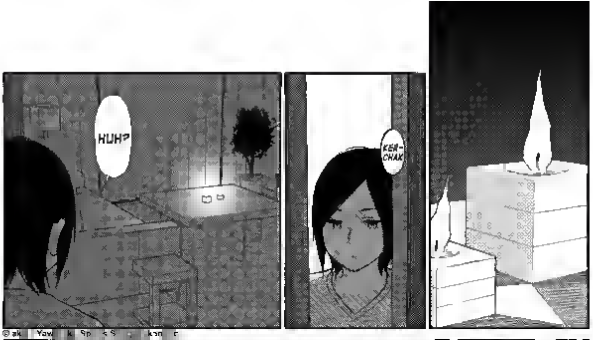
★ How to keep your daily stretching exercise going



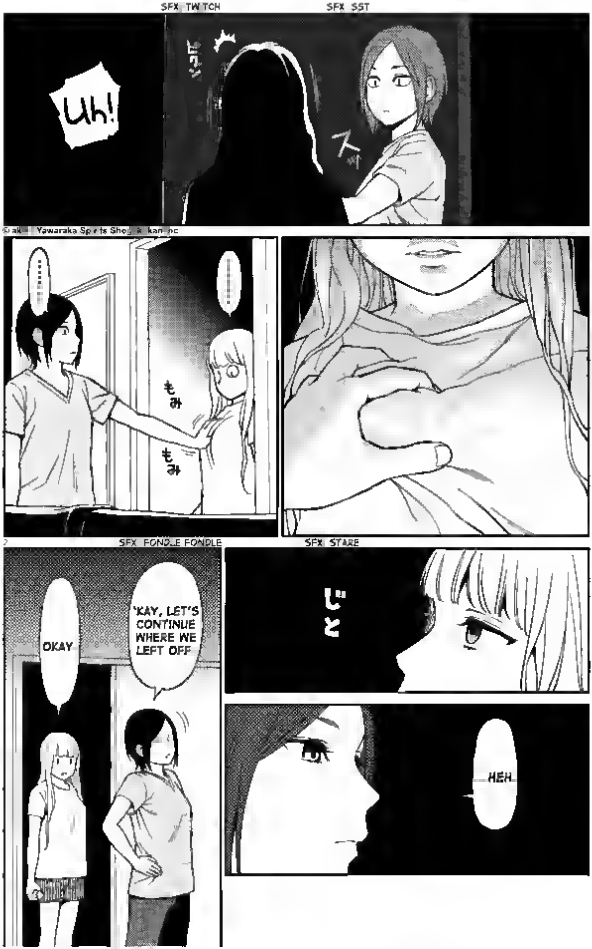
Stretch naked.
→ Try doing it in the bathtub or right after taking a bath.

Stretch
ストレッチ
7
akili
アキリ


HUH?
KSH-CHAK

8
RA-

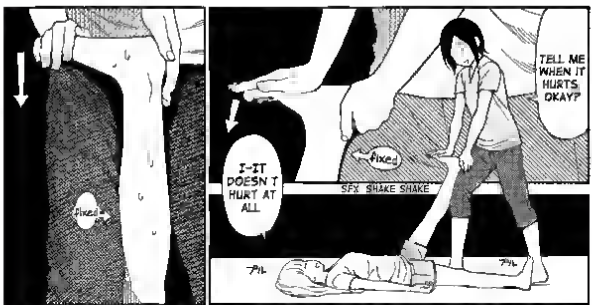
ゴゴゴゴ


SFX: TWITCH
SFX: SST
Uh!
©aki Yawaraka Sports She_k_kan inc
もみ
もみ
SFX: FONDLE FONDLE
SFX: STARE
じと
'KAY, LET'S CONTINUE WHERE WE LEFT OFF
OKAY
HEH

❶ Calf stretch 10 sec - LR

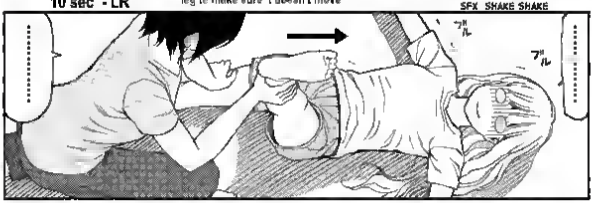
I. Have your partner firmly fix your foot to their thigh and push down your toes

II. Have your partner firmly fix your foot between their legs and push down your toes



❷ Hamstring stretch 10 sec - LR

I. Have your partner slowly raise your leg by the heel while pressing down your other leg to make sure it doesn't move



❸ **Hip region stretch A** 10 sec.

I. Spread your legs apart, bend your knees and move them closer to your chest

II. Have your partner hold your heels and slowly push them down toward your chest.

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❹ **Inner thigh stretch** 10 sec.

I. Lie down on your back and bring the soles of your feet together.

II. Have your partner place your feet on their lap and push both of your knees down at the same time

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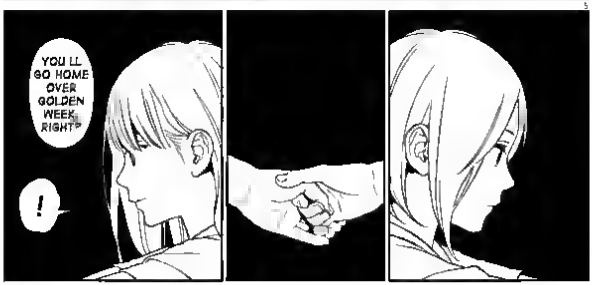
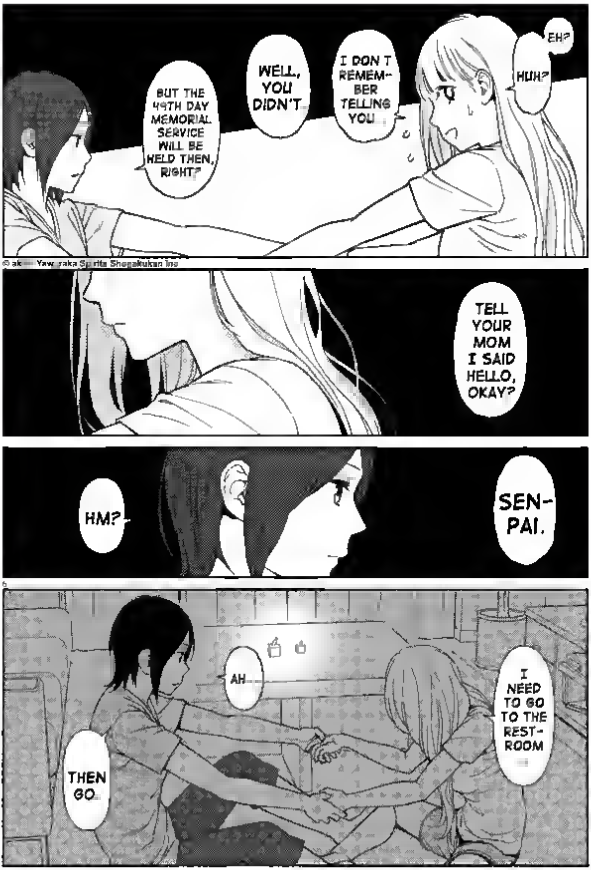
⑤ Hip region stretch B
10 sec

I. Sit with the soles of your feet together and extend your arms in front of you
II. Have your partner press their feet against your shins and slowly pull your arms

SFX SIGH
YOU'RE LAME SENPAI!
I'LL STAY AT HOME TO WORK, I GUESS?
WHAT ARE YOUR PLANS FOR GOLDEN WEEK BY THE WAY, SENPAI?
WHY DO YOU RANDOMLY DISS ME LIKE THAT? YOU WANNA PICK A FIGHT WITH ME?





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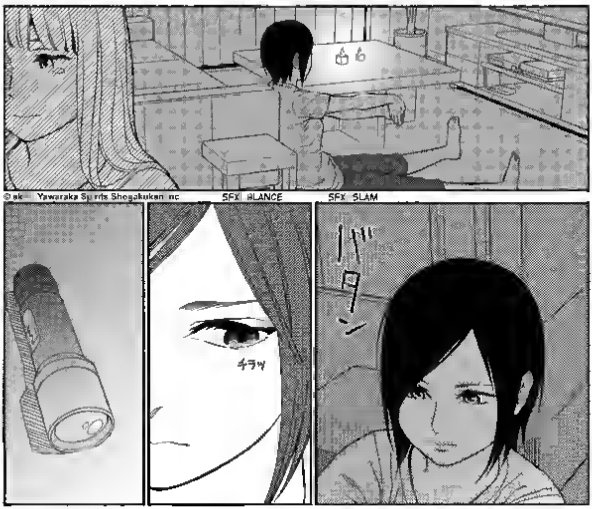
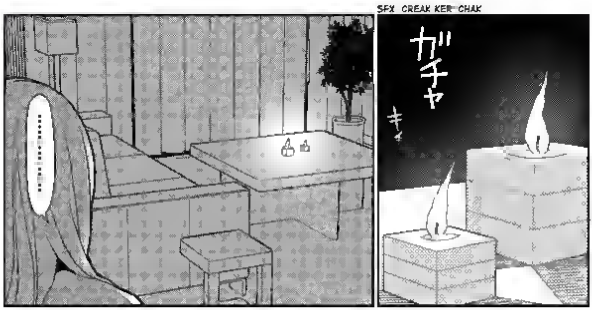
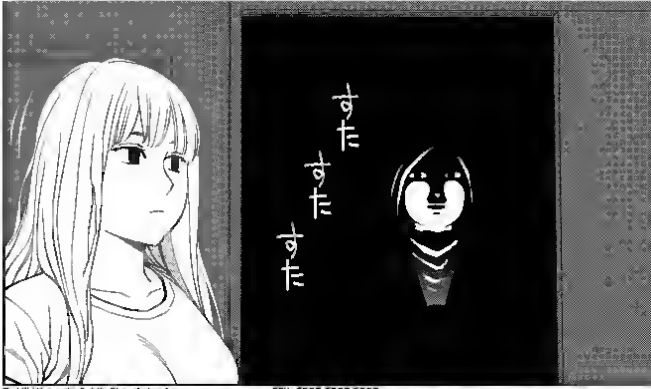

Saki Yawaraka Spirits Shogakukan inc
SFX #LANCE
SFX SLAM
バタン


SFX CREAK KER CHAK
ガチャ
キィ



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SFX: TROT TROT TROT

SFX: BLUSH

SORRY I DIDN'T PLAY ALONG EARLIER
WELL, NOW YOU KNOW HOW IT FEELS.
ナァァァ
I'M SORRY, OKAY?
OKAY OKAY LOOK
LET'S CONTINUE WHERE WE LEFT OFF.

★How to keep your daily stretching exercise going

Say out loud that it feels good
→Try stretching while deliberately saying how good it feels instead of doing it silently.

Stretch
ストレッチ
8
akili
アキリ

NNNGH
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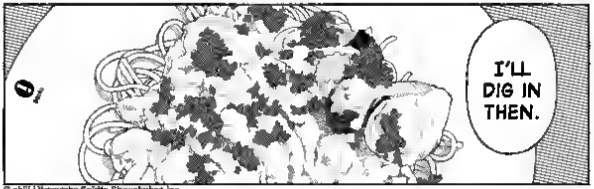
SFX: TAP TAP
ぱたぱた
knock knock
SEN-PAAI.



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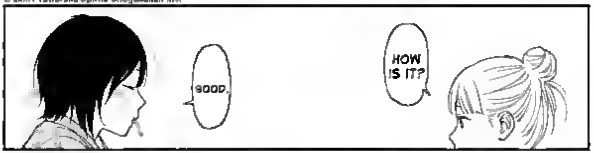
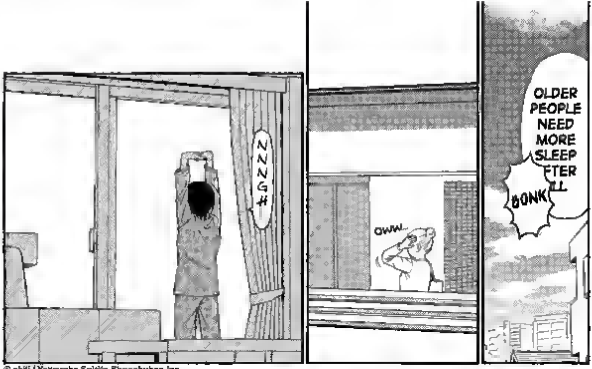


SFX SSSSHHNNN

SFX SHOVE SHOVE



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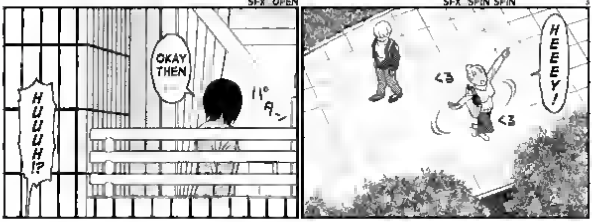
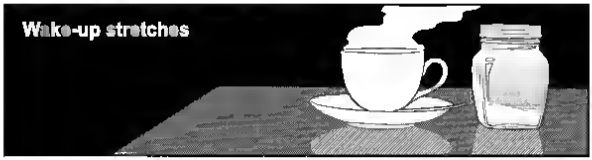
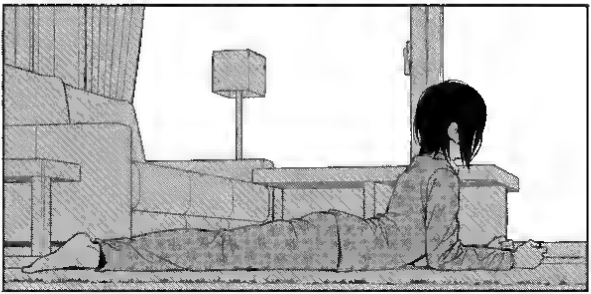




❶ Abdominal stretch Lie down on your stomach, place your elbows on the ground and push your upper body up
10 sec



❷ Latissimus Dorsi Stretch Get down on all fours, lean forwards with the arms outstretched and stretch your back into an arch.
10 sec

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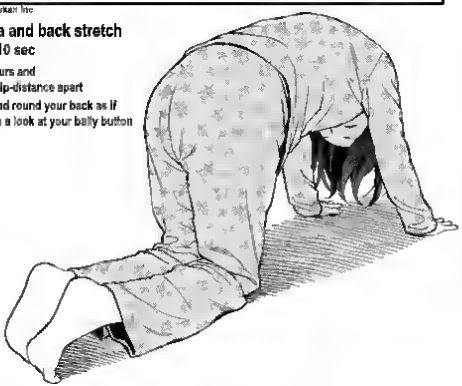
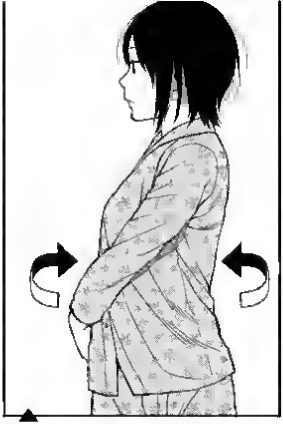
❸ Inner scapula and back stretch
10 sec

I. Get down on all fours and open your knees hip-distance apart
II. Relax your neck and round your back as if you wanted to take a look at your belly button





❹ Hip rotation x 5 Keep upper body stationary and rotate hips in both directions

❺ Torso twist x 10 Stand with your feet about shoulder-width apart and twist upper body in both directions

❻ Spinal stretch
5 sec x 3

I. Stand with your feet about shoulder-width apart and clasp your hands together above your head (palms facing down)
II. Pull your shoulders back and stretch tall.
III. Lean to the side and hold.

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EFFECTIVENESS WILL VARY PER INDIVIDUAL.

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SFX ZZZZZ
.....

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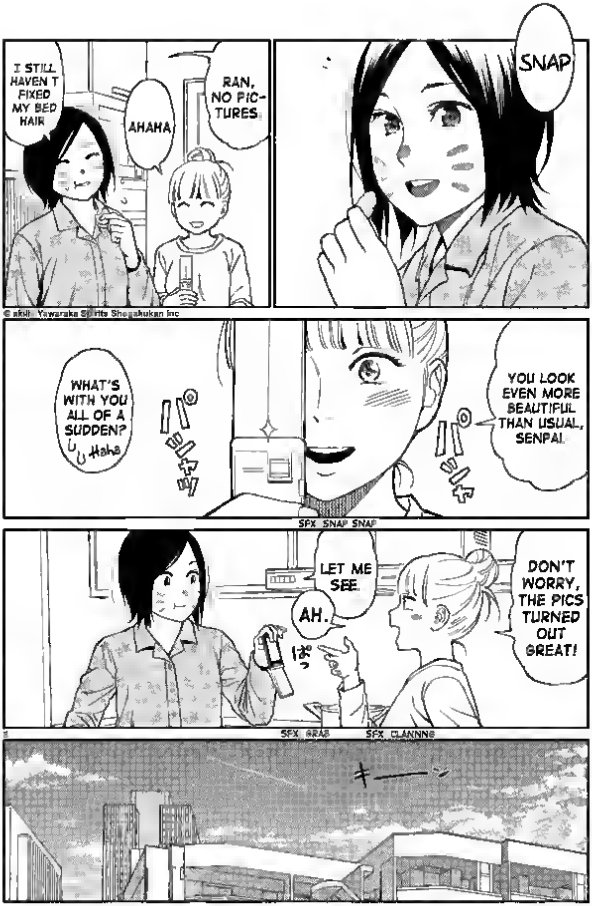
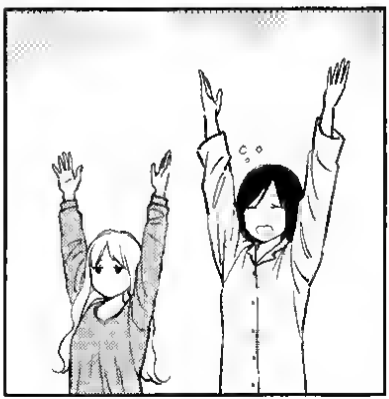
SFX GETS UP
LET'S HAVE TEA
AH, YOU WOKE UP AT JUST THE RIGHT TIME
むく
WOW, SUCH A GOOD SMELL
ぱちっ
SFX OPENS EYES
OKAY.
THEY LOOK GOOD!
EHEHE ♡
OHHH, DID YOU MAKE THESE?


I STILL HAVEN'T FIXED MY BED HAIR
AHAHA
RAN, NO PICTURES.
SNAP
© akiiii, Yawaraka Spirits Shogakukan Inc
WHAT'S WITH YOU ALL OF A SUDDEN? Uu Haha
YOU LOOK EVEN MORE BEAUTIFUL THAN USUAL, SENPAI.
SFX: SNAP SNAP
LET ME SEE.
AH.
DON'T WORRY, THE PICS TURNED OUT GREAT!
SFX: GRAB
SFX: CLANNNG
キーーン

★ How to keep your daily stretching exercise going

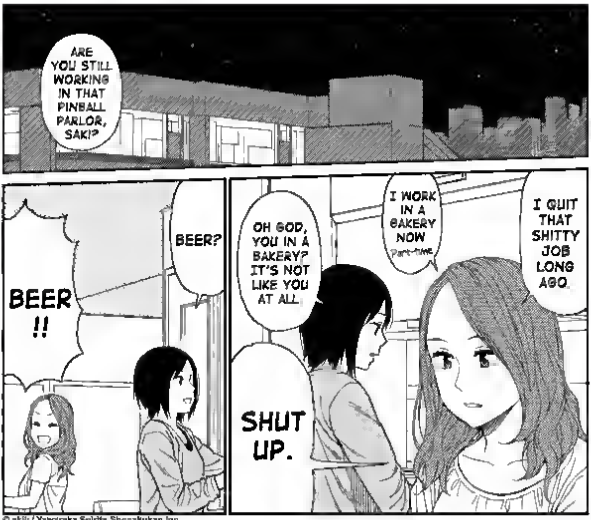


Stretching out your arms and legs should be good enough on busy days
→Lying on the bed with your face up and stretching out your limbs is often enough to do your body good

Stretch
ストレッチ
9

akili
アキリ

OHH, IT'S BEEN A WHILE!
HOW'S LIFE!?
NO, I'M NOT GOING HOME FOR GOLDEN WEEK THIS YEAR
YEAH, WELL, STUFF HAPPEN-END
OH, SURE, GOOD IDEA!
MY ROOM-MATE HAPPENS TO BE NOT AROUND EITHER!
WHAT TIME THEN?


ARE YOU STILL WORKING IN THAT PINBALL PARLOR, SAKI?
I QUIT THAT SHITTY JOB LONG AGO.
I WORK IN A BAKERY NOW Part-time
OH GOD, YOU IN A BAKERY? IT'S NOT LIKE YOU AT ALL.
SHUT UP.
BEER?
BEER !!
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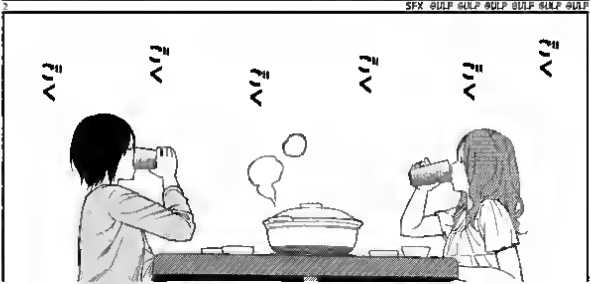
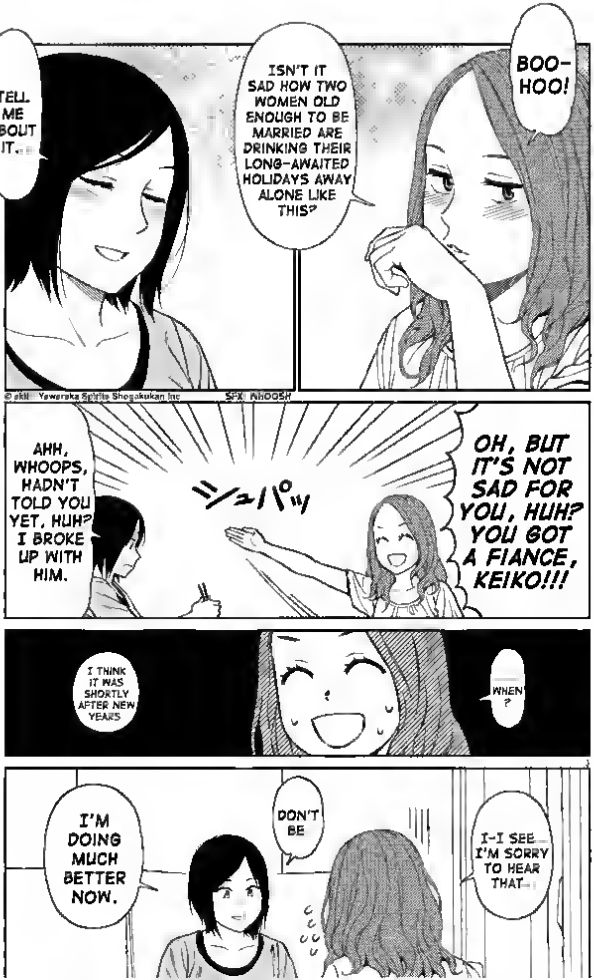
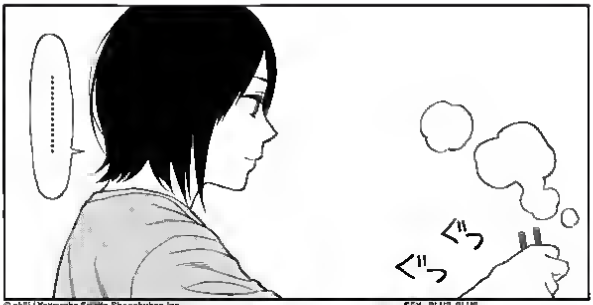
SFX GULP GULP GULP GULP GULP GULP



BOO-HOO!
ISN'T IT SAD HOW TWO WOMEN OLD ENOUGH TO BE MARRIED ARE DRINKING THEIR LONG-AWAITED HOLIDAYS AWAY ALONE LIKE THIS?
TELL ME ABOUT IT...
© ekkii Yowaraka Spirits Shogakukan Inc
SFX: NHOOSH
OH, BUT IT'S NOT SAD FOR YOU, HUH? YOU GOT A FIANCE, KEIKO!!!
ニッパ〜!!
AHH, WHOOPS, HADN'T TOLD YOU YET, HUH? I BROKE UP WITH HIM.
WHEN?
I THINK IT WAS SHORTLY AFTER NEW YEARS
I-I SEE... I'M SORRY TO HEAR THAT...
DON'T BE
I'M DOING MUCH BETTER NOW.



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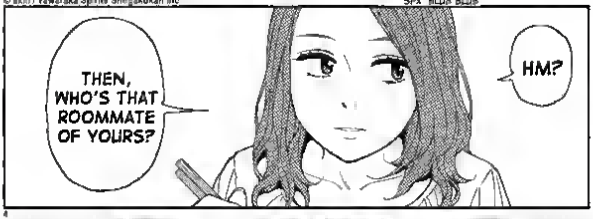
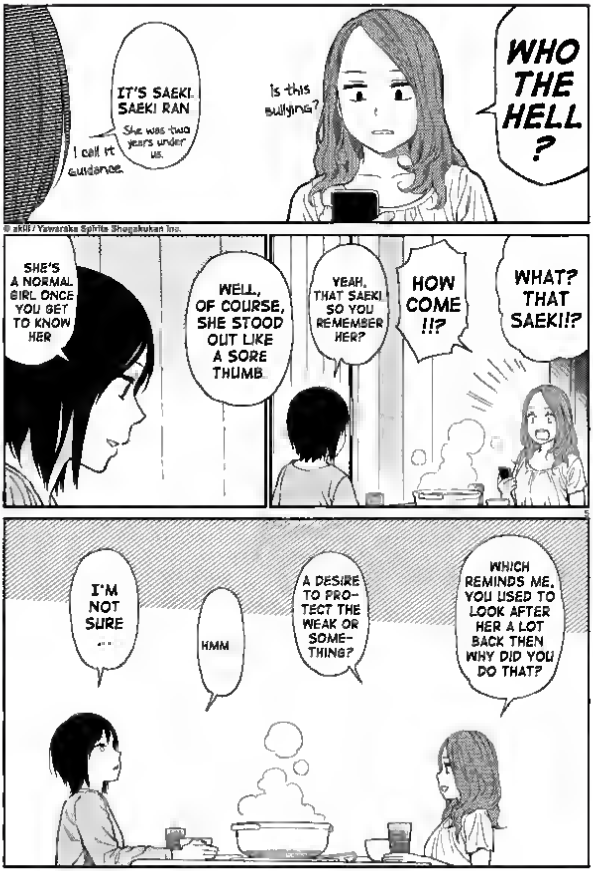
SFX BUJI BUJI




WHO THE HELL?
Is this bullying?
IT'S SAEKI. SAEKI RAN
She was two years under us.
I call it guidance.
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WHAT? THAT SAEKI!?
HOW COME !!?
YEAH, THAT SAEKI SO YOU REMEMBER HER?
WELL, OF COURSE, SHE STOOD OUT LIKE A SORE THUMB.
SHE'S A NORMAL GIRL ONCE YOU GET TO KNOW HER.
WHICH REMINDS ME, YOU USED TO LOOK AFTER HER A LOT BACK THEN WHY DID YOU DO THAT?
A DESIRE TO PROTECT THE WEAK OR SOMETHING?
HMM
I'M NOT SURE...

.....
SHE'S JUST SO... ADORABLE I COULDN'T HELP IT...
KEIKO, WHEN DID YOU CROSS OVER TO THE OTHER SIDE?
NO, I MEANT ADORABLE LIKE A LITTLE SISTER!!
AHAHA I know, I know.
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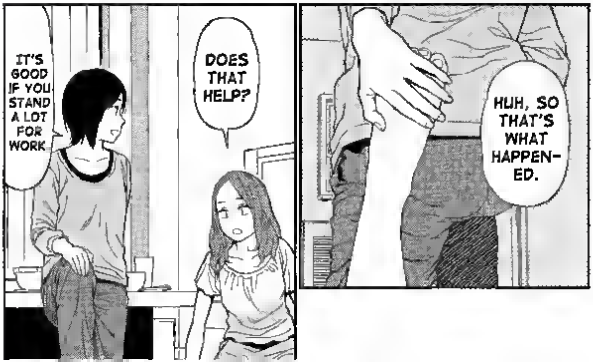

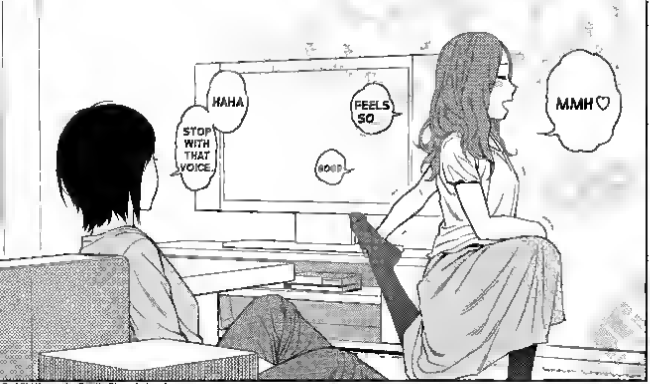

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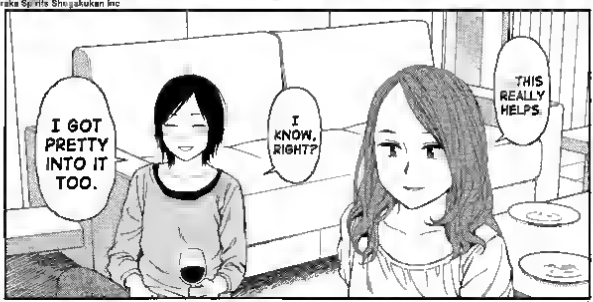

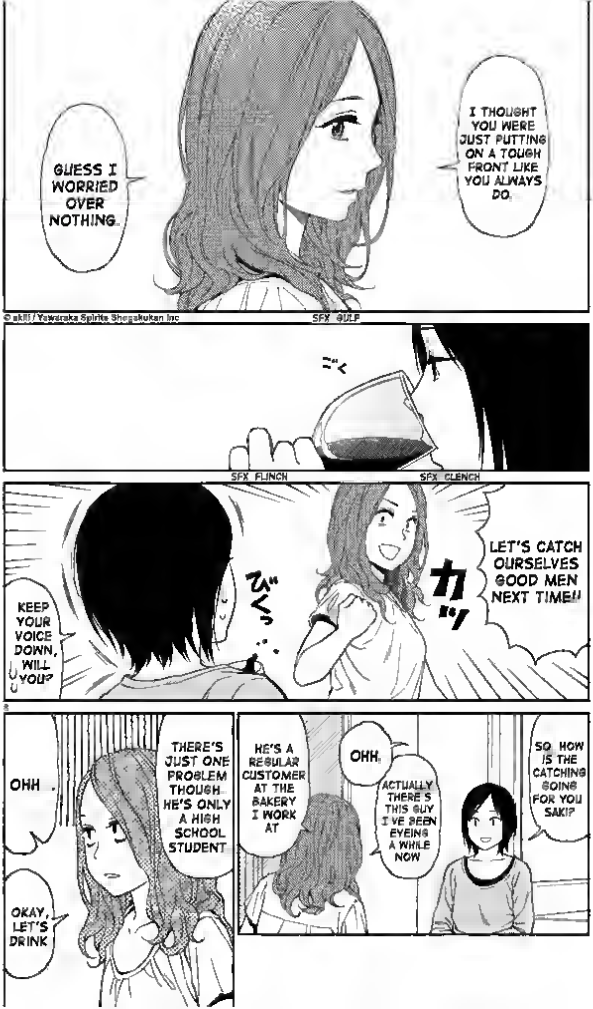
I THOUGHT YOU WERE JUST PUTTING ON A TOUGH FRONT LIKE YOU ALWAYS DO.
GUESS I WORRIED OVER NOTHING.
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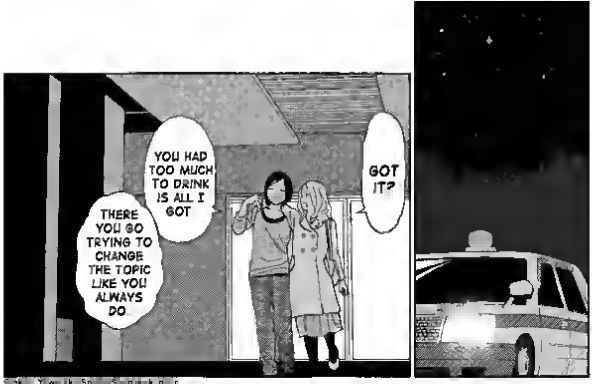
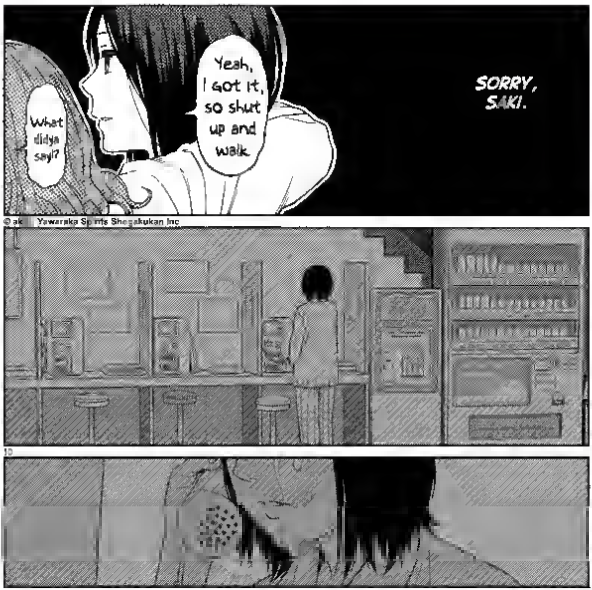
SFX: GULP
SFX: FLINCH
SFX: CLENCH
LET'S CATCH OURSELVES GOOD MEN NEXT TIME!!
KEEP YOUR VOICE DOWN, WILL YOU?
8
SO, HOW IS THE CATCHING GOING FOR YOU SAKI?
OHH.
ACTUALLY, THERE'S THIS GUY I'VE BEEN EYEING A WHILE NOW.
HE'S A REGULAR CUSTOMER AT THE BAKERY I WORK AT.
OHH.
THERE'S JUST ONE PROBLEM THOUGH. HE'S ONLY A HIGH SCHOOL STUDENT.
OKAY, LET'S DRINK.


GOT IT?
YOU HAD TOO MUCH TO DRINK IS ALL I GOT
THERE YOU GO TRYING TO CHANGE THE TOPIC LIKE YOU ALWAYS DO

YOU HAVE TO PROMISE ME!!!
YEAH YEAH I GOT IT
BUT SHE'S STILL YOUR MOTHER AND YOU SHOULD VISIT HER WHENEVER YOU CAN!! GOT IT!?
NOW I KNOW YOU DON'T GET ALONG WELL WITH YOUR MOTHER

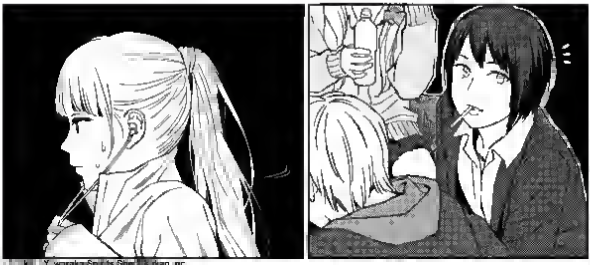
WHICH IS WHY I KNOW WHAT I'M TALKING ABOUT!! GOT IT!?
YEAH, I KNOW.
I DIDN'T EVEN HAVE ANYONE TO CALL PARENT WHEN I WAS IN JUNIOR HIGH. YOU KNOW!?



I DON'T THINK I'M READY TO FORGIVE HER YET.

Stretch
ストレッチ
11
akili
アキリ

HUFF
HUFF
HUFF
HUFF
HUFF
I'M SPENT AFTER ONLY FIVE MIN-UTES
HUFF
IT WAS MY FIRST SPRING OF HIGH SCHOOL
I HAD STARTED JOGGING TO BUILD STAMINA
IN ORDER TO KEEP UP WITH THE PRACTICE OF THE TENNIS CLUB THAT I ONLY JOINED BECAUSE MY BEST FRIEND ASKED ME TO
W-
WATER
IT WAS AROUND THAT TIME THAT I GOT TO KNOW SENPAI
Woah..



MY FIRST IMPRESSION OF HER COULDN'T HAVE BEEN WORSE

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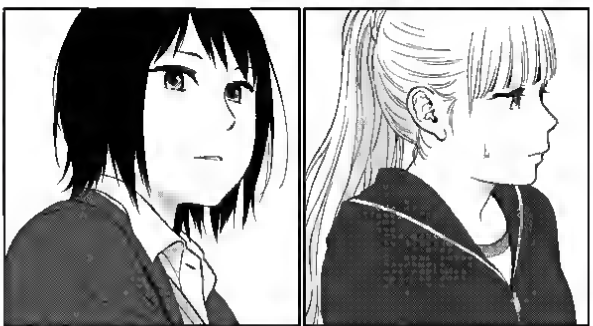
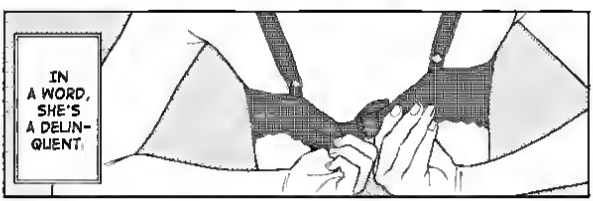
OH NO
WHY DO YOU NEVER SHOW UP AT CLUB PRAC-TICE?
SUP
I'M HERE TO COLLECT MANGA.
OHHH?
What are you doing here?
See you!
See ya!
YOU DON'T KNOW HER!?
WHAT IS IT?
THIS IS BAD
DON'T LOOK HER IN THE EYES, OKAY!?



4. "GIRLS' TENNIS CLUB"

女子テニス部
AH, THAT WAS SCARY.
...
I HEAR SHE'S PART FOREIGN.
SINCE WHEN DO YOU CARE ABOUT SCHOOL RULES?
DID YOU SEE THAT GIRL'S HAIR? ISN'T THAT AGAINST THE RULES HERE?



MY OLDER SIS IS A THIRD-YEAR STUDENT TOO AND SHE TELLS ME LOTS OF STORIES ABOUT HER
STORIES ABOUT HOW SHE ALWAYS HANGS OUT WITH BAD PEOPLE AND DOES BAD THINGS...
Ooh
AND HOW NORMAL STUDENTS ALL TRY TO STEER CLEAR OF HER...

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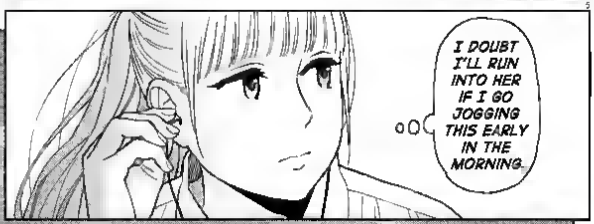

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YOU THINK I'M STUPID. DON'T YOU?
ガッ
OH GOD! THAT'S TERRIBLE! HURRY ALONG THEN!!!
GOOD MORNING! I'M SORRY! I HAVE TO RUN! MY PARENTS ARE IN DANGER!!
SFX
GRAB

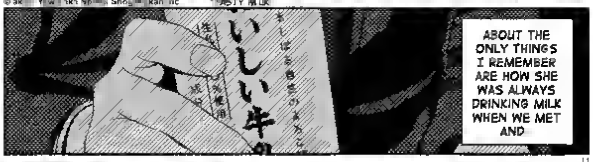
FIN-LAND, HUH?
SFX: MUNCH MUNCH
WHERE IN FIN-LAND?
EER. THE NORTH
ON SECOND THOUGHT NEVERMIND I WOULDN'T KNOW IT ANYWAY
O KAY
WHAT'S THIS!!?
SFX: SHAKE SHAKE
SFX: RUSTLE RUSTLE RUSTLE
AH, UMM... SORRY, DID YOU WANT SOMETHING FROM ME?
OH YEAH. I forgot.
SHE'S HERE TO EITHER EXTORT ME...
BEAT ME UP LIKE A SAND-BAG...
OR KILL ME IN COLD BLOOD
LET'S SEE...

AS I THOUGHT... IT'S SO PRETTY!
AND SILKY TOO
.....
THANKS FOR LETTING ME TOUCH THEM!
UH SURE
I WAS WONDERING WHAT NATURAL BLONDE HAIR IS LIKE

SOME-
HOW...
© akiii / Yawaraka Spirits Shogakukan Inc.
SHE DOESN'T SEEM LIKE A SCARY PERSON TO ME.
SFX: BLUSH
WHAT'S THAT? THE "I'M PURE SO I DUNNO ANYTHING ABOUT SEX" ACT?
NO, I REALLY DON'T KNOW!!
EHH... I-I DON'T KNOW...
DOING IT ALL NIGHT LONG USES A LOT OF ENERGY IF YOU KNOW WHAT I'M TALKING ABOUT.
†††
I'M ON MY WAY HOME FROM A LOVE HOTEL
Got hungry suddenly
BY THE WAY, SENPAI, WHERE ARE YOU HEADED SO EARLY IN THE MORNING?

FROM THAT DAY ON, WHENEVER WE MET AT SCHOOL, SHE WOULD BE AWFULLY AFFECTIONATE WITH ME
YO!
© ak Yawaraka Spirits Shogakukan Inc
EX-PLAIN YOUR-SELF!!
I ADMIT IT MADE ME FEEL A LITTLE SUPERIOR
YOU..
HE HE
ARE YOU STILL JOGGING EVERY DAY?
HELLO.
HOWEVER, AS BEFORE SENPAI NEVER BOTHERED TO SHOW UP AT THE CLUB PRACTICES
AND I COULD COUNT ON THE FINGERS OF MY TWO HANDS THE NUMBER OF TIMES WE HAD A REAL CON-VERSATION.

THOUGH I GUESS THE TOPICS WE COVERED WERE ALL SOMEWHAT RANDOM AND PROBABLY POINTLESS TOO
WHEN WE DID HAVE A CHANCE TO TALK, WE TALKED ABOUT ALL KINDS OF THINGS
AFTER ALL MOST OF IT HAS LONG SLIPPED MY MIND


ABOUT THE ONLY THINGS I REMEMBER ARE HOW SHE WAS ALWAYS DRINKING MILK WHEN WE MET AND

HUUH?
HOW WE USED TO MEET IN THE LIBRARY ROOM AT THE END OF SUMMER HOLIDAYS

"NATURAL SCIENCES"
理科室
YOU SPRAINED YOUR ANKLE AGAIN!?
HAHA
RAN, COULD IT BE THAT YOUR BODY'S REALLY STIFF?
AH, YES, STIFF AS A BOARD.

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STRETCHING CAN HELP PREVENT INJURY AND MAKE YOUR BODY MORE FLEXIBLE, Y'KNOW?
IN THAT CASE, YOU SHOULD MAKE SURE TO STRETCH AND EASE MUSCLE TENSION RIGHT AFTER YOU PRACTICE.

He's a real sports-man!?
IT'S JUST SECOND-HAND KNOWLEDGE FROM MY BOYFRIEND THOUSH ♡
SFX. GRIN
にっ
CRUCIAL FOR TENNIS PLAYERS AND MANY TERNATIONAL TENNIS AYERS HAVE REALIZED AT IT IS THE PERFEC ETHOD TO INCREAS THE FLEXIBILITY CLE AN OTIO
STRETCH A COLD MUSCLE WARMING THE MUSCLE FIRST DECREASES MUSCL TISSUE VISCOSITY LEADING TO SAFER ORE EFFECTI STRETCHI
YOU SEE, SAFELY STRETCHING YOUR MUSCLES BEFORE AND AFTER RUNNING IS CRUCIAL 'CAUSE IF YOUR MUSCLES ARE TOO TIGHT, INJURIES ARE MORE LIKELY TO OCCUR.
Y-YOU SURE KNOW A LOT ABOUT IT...
ペラ
ペラ
SFX. BLAH BLAH BLAH

OH, IS THAT RIGHT? THANKS AND GOODBYE THEN.
AH!
WHY, YOU...
AND I WAS TRYING TO HELP YOU!!
ガラン
HOW ABOUT YOU HELP YOURSELF AND GO BACK TO STUDYING !?

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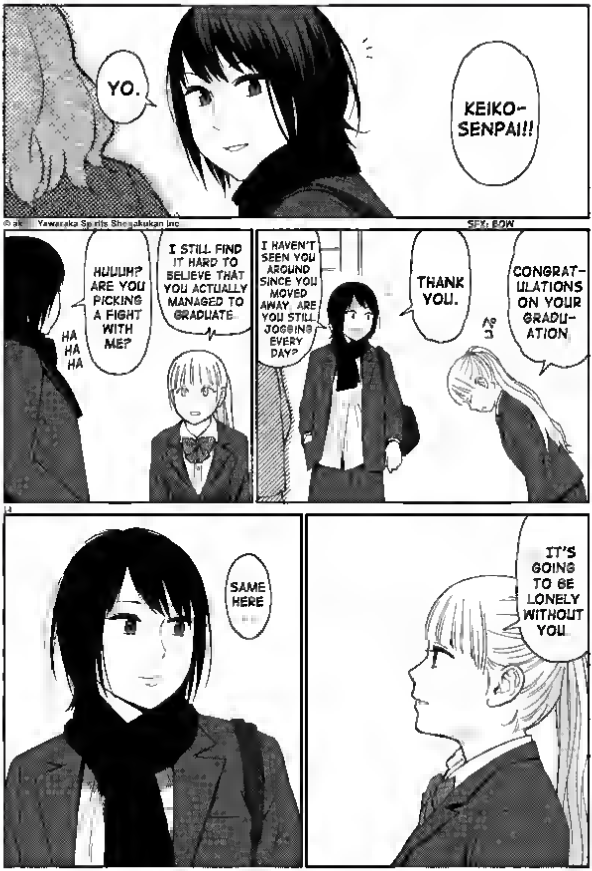
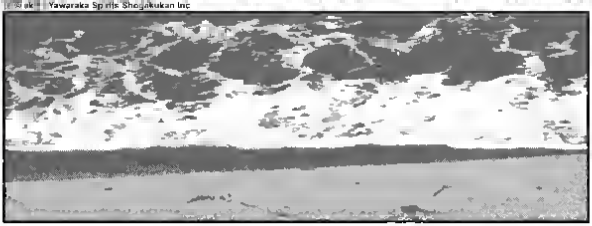
SFX: CLATTER
THIS PISSES ME OFF!
is very good at studying
I THOUGHT SENPAI WAS ONE OF THOSE GOOD-NATURED, SIMPLE-MINDED PEOPLE...
"STRETCHING"
I'LL SURPASS HIM NO MATTER WHAT
ストレッチ
AND THIS IS HOW I GOT INTO STRETCHING


YO.
KEIKO-SENPAI!!
© ak Yawaraka Spirits Shogakukan Inc
SFX: BOW
CONGRAT-ULATIONS ON YOUR GRADU-ATION
THANK YOU.
I HAVEN'T SEEN YOU AROUND SINCE YOU MOVED AWAY. ARE YOU STILL JOGGING EVERY DAY?
I STILL FIND IT HARD TO BELIEVE THAT YOU ACTUALLY MANAGED TO GRADUATE.
HUUUH? ARE YOU PICKING A FIGHT WITH ME?
HA HA HA
SAME HERE
IT'S GOING TO BE LONELY WITHOUT YOU

TAKE CARE.
YOU TOO, RAN.

Yawaraka Spirits Shogakukan Inc



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幕間文／輔老 心

SPECIAL THANKS ／杉本さつ希

ストレッチ 1

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